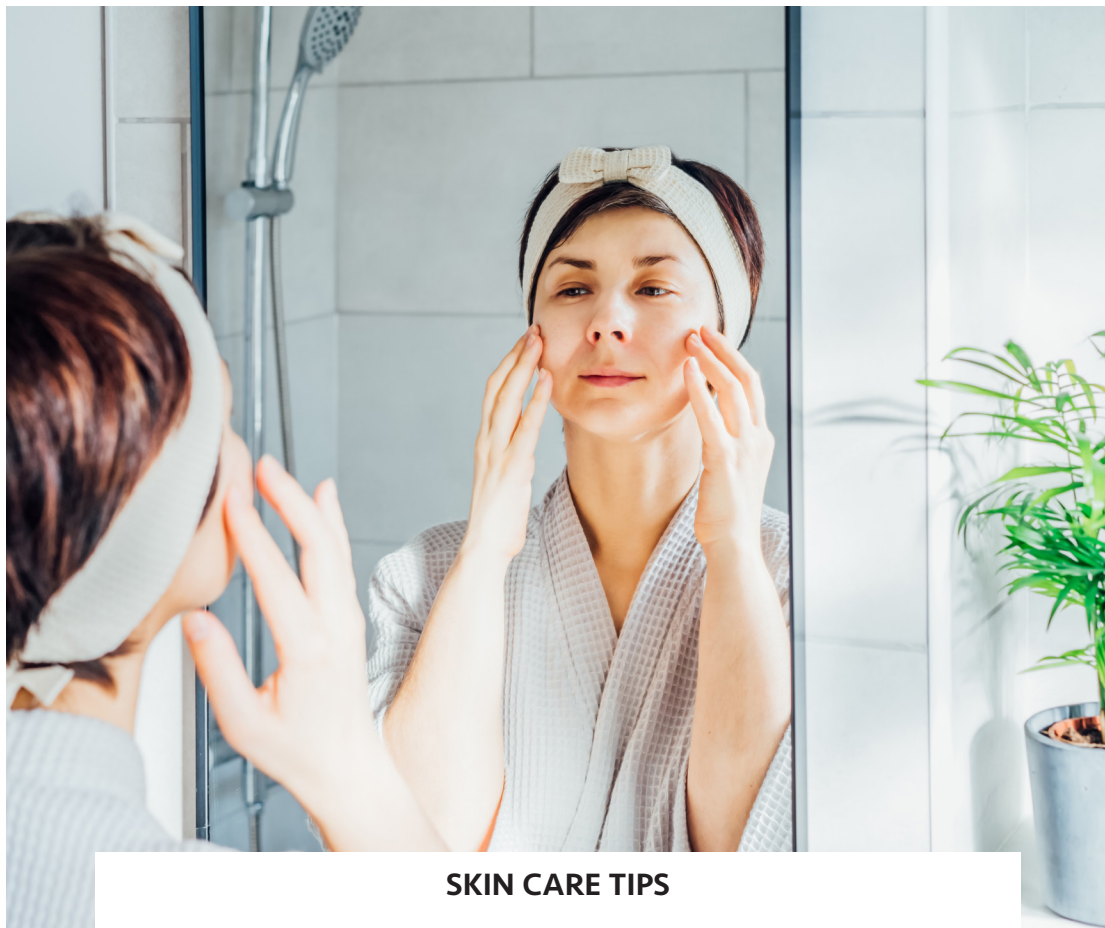




Care for mature skin

As your skin ages, the sebaceous glands produce less oil, and the skin loses elasticity. The result is dry, wrinkled skin—unless you take steps to prevent (or minimize) those effects.



SKIN CARE TIPS

- Shower or bathe with a mild, fragrance-free, moisturizing soap or cleanser. Avoid deodorant soaps on your face because they are too harsh for sensitive facial skin.
- Avoid alcohol-based astringents, toners, or after-shave lotions, which dry the skin.
- Apply sunscreen lotion with a sun protection factor (SPF) of 30 or higher whenever you go outdoors.
- Apply a moisturizing lotion immediately after showering or bathing. (Dry skin makes wrinkles more noticeable, so using a moisturizer makes wrinkles less noticeable.)
- Use a room or furnace humidifier during the winter months, to further prevent dry skin.
- Wear gloves while doing housework and gardening to avoid exposing your hands to harsh chemicals.

If you're thinking about having a face lift, chemical peel, or collagen injection for wrinkles, contact your local medical society for the names of board-certified surgeons or dermatologists with experience in the procedure you're considering.

