

Wellness InSTALLments

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This Month's Author: Cassidy-Rae Brantley



Love the Skin You're In!

If you battle with **oily skin** or **acne**, here are a few easy tips that will keep you from breaking the bank on expensive products!



- ◇ Clean your phone regularly! Your phone comes into contact with dirt and bacteria everyday before you put it by your face.
- ◇ The fewer blades on your razors, the less skin irritation. It's also best to shave after a shower, when your skin is clean, so you don't add dirt to your pores. 
- ◇ Follow a cleansing routine daily. Remove any makeup, wash your face, and then use acne medications.
- ◇ Moisturize! Oil is often your skin's reaction to feeling too dry. Using a daily moisturizer will often solve this problem!

Summer is the season we tend to pay more attention to our skin. We load up on sunscreen for our trip to the beach, but taking care of our skin requires more than just protecting it on beach days. Healthy skin is a process, so do what's best for your skin! **Before you buy products that may have an unpredictable effect on your skin, you should learn what your skin needs so you don't end up doing harm.** Avoid "one-size-fits-all" skin products; a person with oily skin needs a different product than someone with dry skin. It is always best to speak with a medical professional to learn how to take care of your own unique skin type.

Here are some things you can do to take care of your skin:

Use products with an SPF!

Creams or lotions with an SPF, or sun protection factor, should be a DAILY part of your skincare routine. Not just when you go to the beach or on a sunny day. The more time you spend in the sun, the higher the SPF you should get.



Wash clothes and change your bed sheets regularly!

Clothes and linens have constant contact with the sweat and dirt that comes off of your body. Bed sheets should be washed every 1-2 weeks, towels after 1 week of use, and clothes as soon as possible.

Avoid harsh cleaning methods. Don't use substances like an exfoliant more than once a week. Regular use can damage your skin, drying it out and removing healthy oils. A common mistake is to clean your skin with rubbing alcohol, but this harshly dries out your skin and doesn't provide any nourishment.

Self screen! You spend the most time with your skin and will be the first to notice when something is different. Remember your ABC's when checking your freckles and moles: look for spots that are *asymmetrical*, have irregular *borders*, and/or are more than one *color*. Be sure to talk to your medical professional with any questions or concerns.

Sun Tanning Vs. Tanning Booths



It doesn't matter whether you get it from the sun or from artificial sources such as tanning beds — ultraviolet (UV) radiation is linked to skin cancers. UVA rays, which penetrate deep into the skin, are responsible for tanning. UVB rays cause sunburn by damaging superficial skin cell layers. UVC rays are considered harmless. Tanning beds use fluorescent bulbs that emit mostly UVA, with smaller doses of UVB. The UVA radiation is up to three times more intense than the UVA in natural sunlight, and even the UVB intensity may approach that of bright sunlight. Too much tanning can cause wrinkles, skin burns or damage, premature skin aging, and cause your skin to have a hard leather texture over time.



WELLNESS TIP

Drink water regularly, especially during the hot summer months! Proper hydration is the first step to healthy skin.

Question of the Month

What does the acronym SPF stand for in sunscreen?

Email us at pws@fgcu.edu with the correct answer to enter into a drawing for \$10 of Eagle Dollars!

Beautiful skin requires commitment, not a miracle.
- Erno Laszlo



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