



Friday Facts

November 13, 2020

Tips for Tip-Top Skin

Dermatologists weigh in with some skin care tips that might be of help to you.

- Beware of too much dairy. Since it is difficult for the body to digest, it can come out in the form of cystic acne (those hard, painful lumps under the skin) on the chin and jawline. According to dermatologists featured in an article by Byrdie.com, "The consumption of milk, cheese, and yogurt may become factors that influence endogenous hormones and mimic the hormones that trigger oil production in the skin to ignite the acne process."
- Remove your makeup as soon as you get home, rather than waiting for bed. Your skin is begging to be clear of pore-clogging debris and pollution.
- Introduce more greens to your diet. Add some avocado into your smoothie, for instance.
- Try lymphatic drainage massage to keep skin clear, de-puffed, and glowing. For those with dry skin, start at the base of the neck, which is where your arteries are. In gentle circles, massage upward, toward the jaw, up the sides of the face, and around the eyes. Do the opposite motion starting at the top of the face if you are prone to breakouts.
- Stay away from foaming cleansers, as they can leave your skin tight, dry, and prone to breakouts.
- Take chamomile and rosemary baths. This is especially helpful for those with dry, sensitive skin. You can use a product like Dr. Teal's Foaming Bath, or boil a large pot of water with one cup of chamomile tea leaves and one cup of rosemary. Cook for 15 minutes, then strain and add this water to your bath.

Milk Bath for Your Feet

source: Taste of Home

- 3-4 cups of milk, enough to cover your feet
 - 2 Tbsp. honey
 - 1 Tbsp. vanilla extract
 - 2 Tbsp. baking soda
1. Pour 3-4 cups of milk into a microwave-safe container. Heat milk until slightly warmed but still comfortable to the touch, about 1.5 - 2 minutes.
 2. Add honey and vanilla extract to warmed milk. Gently whisk until combined.
 3. Pour the milk mixture into a container large enough for both feet. Submerge your feet and soak for 5 minutes.
 4. Sprinkle baking soda over your feet, gently scrubbing any rough patches of skin. Let feet soak for an additional 5-10 minutes, then rinse thoroughly. If desired, use a pumice stone to buff away dead skin. Apply moisturizing lotion to feet.

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