

South Central's Health on Blast

Skin Care

It is important to protect and take care of your skin to help prevent skin disorders and diseases- including skin cancer and West Nile Virus and aid in overall good health.

Tips for Good Skin Care

- Put on sunscreen with sun protective factor (SPF) 15 or higher and with both UVA and UVB protection. Reapply sunscreen after swimming and excessive sweating.
- Seek shade and consider wearing a wide-brimmed hat.
- Cover up with light colored clothing and sunglasses.
- Put on insect repellent with DEET or Picaridin to protect from mosquito and tick bites.

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- Give yourself a Dry Brush Exfoliation to detox the skin. Skin is the largest organ that eliminates toxins from the body
- Step up your Digestion, skin disorders such as acne, rosacea, psoriasis often suffer digestive problems.
 - Drink plenty of water, eat more fiber.
- Avoid Excess Sugar, which will slow premature aging.
- Eat Good Fats- Flaxseed oil and walnut oil, Fish
- Get Moving to increase circulation. This will decrease bloating, puffiness, and loss of muscle tone.