

## 15 “Take-Home” BEST Practices in Personal Aesthetics for 2010

*‘The most important thing sometimes is just being able to do it your self!’*

*Everyone*

- 1) Personal Hygiene is about more than “good looks”. But, “looking good” is a side effect of good grooming. And “feeling good” both physically and mentally is a side effect of looking your best.
- 2) Keep all personal care implements clean and fresh and replace as needed (comb, brush, make-up, deodorant/anti-perspirant, q-tips, cleansing brush, shower products, etc.) : use soap from pump dispensers when possible (moisturizing type bars when dexterity is limited), use a new wash cloth daily, use disposable cloths when needed.
- 3) Replace your toothbrush every 3 months or when it gets worn down. Don’t forget to Floss and rinse with mouthwash to protect and prevent gum disease! If painful, loose or changing color get teeth checked
- 4) “Leave on” *anti-microbial* cleanser/moisturizer combination is the latest skincare wonder. Use soap from pump dispensers when possible (moisturizing type bars or foamy cleansers when strength or dexterity is limited).
- 5) Limit water exposure to 8-12 minutes. Water dries out the skin.
- 6) Water temperature should be tepid not too hot or too cold.
- 7) Avoid slipping, falling, loss of balance by using floor mats that do not slip or slide and are super suction oriented. Use both inside the tub and on the floor as a bath mat. (\$12.99 Target Stores).
- 8) Use a Moisturizing ‘wand’ to reach feet, back, etc.
- 9) Limit exfoliation to gentle remedies (enzymes for calluses, lactic acid for xerosis).
- 10) Stay warm: Keep a terry bathrobe near the tub to put on immediately instead of using a towel. Dry head, feet, legs and arms with a towel.
- 11) Carry hand and foot warming creams to help with thermoregulation.
- 12) Wear “easy-on” Safe shoes or “non-slip” socks. Apply moisturizer before socks.
- 13) Limit fragrance contact with the skin. Spray perfumes on clothing directly or in lingerie drawer.

**14) Key ingredients to seek out in skin care products: Silver (anti-microbial used in skin care, floor covering, bedding and clothing including compression socks). Skin care products: hyaluronic acid, dimethicone, cyclomethicone**

**15) Enjoy the things you enjoy most. Get dressed with a smile and start your day positively; linger a little while getting ready for bed, breathe deeply and recall a favorite memory or a new one you'd like to make.**