

## Skin moisturizing for outdoorswomen

Moisturizers line store shelves and fill television and magazines, claiming to deliver soft, supple skin and reduce those dreaded signs of aging—wrinkles and dark spots.

Today, American women are bombarded with information on the benefits of healthy skin and proper skin care, including the need for moisturizers. Yes, daily moisturizing helps keep skin soft and smooth. Yes, it may reduce aging signs and soften wrinkles. And, yes, moisture can heal, according to the plastic surgeon that

treated my second-degree sunburn.

Moisturizers form a protective seal against environmental elements—indoors and outdoors. They help skin retain its natural moisture by preventing water from escaping. Moisturizers can replenish water into skin.

### In the mix

Using an appropriate moisturizer may be even more important for women who spend a significant amount of time outdoors. Moisturizers contain a multitude

of ingredients but some basics can be found in all of them:

Humectants, such as glycerin, absorb water from the air and hold moisture to the skin.

Emollients, such as lanolin or mineral oil, fill the space between skin cells.

Preservatives, such as parabens, prevent bacteria growth after the container is opened.

Under FDA regulations, moisturizers are considered cosmetics and don't undergo the same strenuous scrutiny as medicinal drugs. As such, not all manufacturers' claims may hold true because of the different safety and effectiveness standards for



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