



The BodyTools BluePrint for DRY SKIN

All About Dry Skin

Normal skin owes its soft, supple texture to its water content. To help protect the outer layer of skin from abnormal water loss, the skin's sebaceous glands produce an oily substance called sebum that forms a protective barrier against water evaporation. If some internal or external factor depletes the skin's layer of sebum, the skin loses water and feels "dry".

Dry skin is itchy and flaky and usually looks slightly more wrinkled than normal. Whether on our face, body, hands or feet, dry skin has a general uncomfortable feeling and tightness especially after shaving or washing. Invisible (and in extreme cases visible) cracks and fissures can develop that can allow harmful bacteria and other irritants in. Most of us will experience dry skin later in life. About 85% of older people develop winter itch due to dry, overheated indoor air.

Loss of existing sebum

This is usually due to lifestyle factors, such as excessive bathing or showering, excessive scrubbing of the skin while washing, or use of harsh soaps that dissolve the protective layer of sebum.

Decreased production of sebum

One of the effects of ageing is that the number of sebaceous glands in the skin tends to decrease. With fewer sebaceous glands, less sebum is produced.

Low humidity

Low humidity caused by overheating during the winter and air conditioning during the summer also contributes to dryness and itching. Excessively dry indoor air associated with "forced air" heating systems can also cause dry skin and "winter itch".

Treating Dry Skin: Moisturizers!

The most common treatment for dry skin is the use of moisturizers. You want a moisturizer to: A) First to act as a barrier on the skin to reduce moisture loss to help stop the itching associated with dry skin and B) to smooth over fine wrinkles that go along with dry skin. While dry skin doesn't wrinkle any faster than oily skin, dry skin does look more wrinkled.

A good moisturizer will begin to make your skin look softer and more supple within minutes. So a good all-purpose moisturizer can accomplish a lot. It can reduce the itching associated with dry skin and help smooth over fine wrinkles that go along with it. It can also smooth over wrinkles that have occurred due to photo-ageing, and finally a good moisturizer can prevent further wrinkling from occurring by containing sunscreen agents that give complete UVA and UVB protection.

Preventing and Treating Dry Skin

- Soak and Seal. Right after you shower is the best time to "lock in" moisture into the skin. The greasier it is, the better job it will do at trapping moisture. Use a lighter formula if you are prone to acne.
- You still need sunscreen: Daylight, even dim, obscure daylight causes skin damage which means it slowly becomes less and less able to hold moisture or feel smooth. Sun-damaged skin has minimal ability to function in a normal, healthy manner.
- Limit your bath or shower time to 10 to 15 minutes, only once per day. Wash with comfortably warm (not hot) water, using a mild cleanser and not soap (which can be very drying to the skin).
- Use a humidifier to add moisture to the air during the winter months.
- If you are an athlete, shower off quickly after a workout or game. Use warm water, and bring your own mild soap, since heavy-duty "gym" brands may be too strong. When you finish your bath or shower, pat your skin lightly with a towel and seal in this moisture with petroleum jelly or a thick moisturizer.
- Avoid overusing antiperspirants and perfumes, since these products can dry the skin.
- Rubber gloves for household chores and warm gloves for outdoors can help keep your hands from drying out
- If your lips start to feel dry, resist the temptation to lick them. Saliva is not a moisturizer. It removes oil and makes your lips even drier. Instead, you should use lip balm or petroleum jelly.

Remember: Dry skin is rough and irregular, so there is more surface area from which moisture can evaporate. Which is why when you get dry skin it is more likely to get even drier.

BodyTools 
BLUE PRINTS



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DRY SKIN

blue print

FOR DRY SKIN



Daily Regimen

BodyTools Moisturizing Face Cleanser
No More than Twice Per Day

BodyTools Face and Body Wash
Entire Body-Except Face, Twice a Day

BodyTools Shave Cream
Once Per Day

BodyTools Skin Recovery Toner
1-2 Times Per Day

BodyTools Repair and Protect
1-2-3 Times Per Day

Or

BodyTools Citrus Body Armor
1-2-3 Times Per day

Daily Regimen

BodyTools Moisturizing Face Cleanser No More than Twice Per day

8 oz black bottle

- Gentle, non-irritating cleansers
- Macadamia, Jojoba, & Kukui Nut natural oils
- Moisturizing formula

BodyTools Face and Body Wash Entire Body-Except Face-Twice Per Day

8 oz black bottle, 16 oz pump bottle

- A gentle, water soluble face and body wash
- The combination of natural oils of Macadamia Nut, Jojoba, and Kukui Nut to soothe the skin
- With Vitamin's A and E to fight free radical damage

BodyTools Shave Cream Once Per Day

4 oz black tube, 6 oz jar, 16 oz pump bottle

- Gentle, water-soluble cleansers
- Glycerin, Lanolin, and Natural Oils moisten the skin and beard, reducing friction and irritation giving you a close shave
- Tea Tree Oil and Aloe soothe and heal your skin

BodyTools Skin Recovery Toner 1-2 Times Per Day

4 oz soft touch bottle

- Glycerin to help maintain the skin's natural balance
- Allantoin for its ant-irritant properties

BodyTools SPF 15 After Shave Repair and Protect-

1-2-3 Timer Per Day

4 oz black tube, 16 oz pump bottle

- A great moisturizer. Contains anti-inflammatory stabilized aspirin (Acetylsalicylic Acid) for alleviating redness, razor bumps and burn
- BodyTools exclusive Anti-Oxidant PowerBlend™, a high concentration of Vitamins E and C, Retinyl Palmitate and Alpha Lipoic Acid that gives maximum protection from free radical damage
- A high concentration of Tea Tree Oil (3%) helps prevent Acne
- SPF 15 Formula for UVB protection with Avobenzone (Butyl Methoxydibenzoylmethane) for UVA protection. Prevents wrinkles, skin ageing and skin cancer

BodyTools Citrus Body Armor 1-2-3 Times Per Day

8 oz black bottle

- BodyTools exclusive Anti-Oxidant PowerBlend™, a high concentration of Vitamins E and C, Retinyl Palmitate and Alpha Lipoic Acid that gives maximum protection from free radical damage
- SPF 15 Formula for UVB protection with Avobenzone (Butyl Methoxydibenzoylmethane) for UVA protection. Prevents wrinkles, skin ageing, and skin cancers
- Our richest, creamiest lotion with a combination of natural oils of Macadamia Nut, Jojoba and Kukui Nut