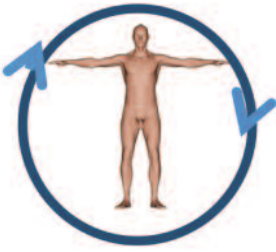


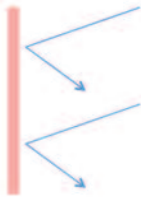
Skin

Your guide
to looking
after your skin

Live your Best Life with...



Your skin covers all of your body and can help to keep you healthy.



Skin acts as a barrier to protect our body from the environment.



It also keeps us the right temperature



There are lots of different ways to look after your skin:

Eat well



You can look after your skin from the inside by eating well. If you eat a healthy and balanced diet, your skin will look and feel better.



Protect yourself from the sun.

Too much sun can burn our skin, make our skin look old and can also give us skin cancer.



To protect your skin, don't sunbath for a long time, wear a sun hat and use sun cream.



Don't Smoke.



Smoking can make give you wrinkles and make your skin look old.



Drink more water.



Drinking plenty of water can stop your skin from becoming dry.



Drinking too much alcohol can make your skin very dry



Keep your skin clean.

Washing skin can stop smells and infections. You should wash your skin once a day.



Use gentle soaps and shower gels to wash your skin



If you wear makeup, make sure you wash it off before you go to bed.



Get enough sleep.



Your skin will look tired if you don't get enough sleep. Make sure you get enough sleep to keep your skin looking fresh and healthy.

This book is part of a series of Easy Read Information guides from People First.

They are designed to help you to be informed, so that you can live your Best Life.

Look out for our other guides.



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