

Spring Clean Your Skin Care Regimen

This is the season for spring cleaning! It is a season where we toss out the old to make room for the new, and we shake off the symbolic layers of winter and get ready to bloom. Of course, you do not have to stop with dusting and purging your home to reap the full benefits of spring cleaning because your skin care regimen needs a boost, too. This is your guide on how to transition from winter to spring with fresh, fabulous skin!

Purge

Spring cleaning is a great opportunity to purge old cosmetics and skin care products. These products do have a shelf life, and old, outdated products can harbor bacteria and lose their effectiveness. So, to be on the safe side, always check the expiration dates on your products. Some may have an actual date that details when the product expires, and others may have a symbol that looks like a skin care product tub that is opened and a number in the jar; that represents the amount of months the product can safely be used after you have opened it.

You may want to toss and replace the following:

- Anything past the expiration date.
- Products that appears dry or crusty.
- Anything that has changed consistency, color, or smell.

- Anything with an SPF older than one year (SPF loses its effectiveness over time, and it is just not worth the risk.)
- Mascara older than three months — always toss it after three months, regardless of how much there is remaining.
- Old, dirty makeup brushes and sponges. You can also clean the ones that are still good with a mild shampoo.

Exfoliate

The cold, dry days of winter may be over, but dead, dry, flaky skin remains. Spring is a good time for deep exfoliation and cleansing. During winter, much of our skin is “out of sight, out of mind.” Long pants, long sleeves, and warm socks may have prevented you from seeing the rough, dry skin building up on your feet, knees, and elbows. Slough off that old layer of dry skin and make room for fresh beautiful spring skin.

Transition

Adjust your skin care routine to reflect the seasonal changes that come with spring. A few changes necessitated by spring are as follows:

- Switch to a lighter moisturizer. Higher temperatures result in oilier skin for everyone, not just those with a tendency to oily skin. Therefore, it is important to use a lighter moisturizer during spring.
- Change your foundation. A simple switch to a lighter coverage or a slightly darker

shade will give your skin a little boost of sunshine without the sun.

- Exfoliate more often. Depending on your skin type, you may need to exfoliate more often in the spring and summer.
- Lighten up. For spring and summer, use a skin lightening product to suppress the production of melanin and keep your skin clear and free from age spots and freckles.
- Sunscreen. Sunscreen is important all year, but imperative in the spring and summer when more of your skin is exposed for longer periods of time. Stay vigilant with a broad spectrum sunscreen.

Here's to spring skin that is as fresh and bright as the blooming spring flowers!

For more information regarding skin care or other products and procedures, contact Dr. Laura Randolph—309-664-6222, Dr. Chad Tattini—309-664-1007 or Dr. Paige Holt—309-664-4444 at Twin City Plastic Surgery or twincityplasticsurgery.com. Their office is located at 2502 E. Empire in Bloomington.

Submitted by Oasis Medical Spa & Wellness