



# Prairie Belle

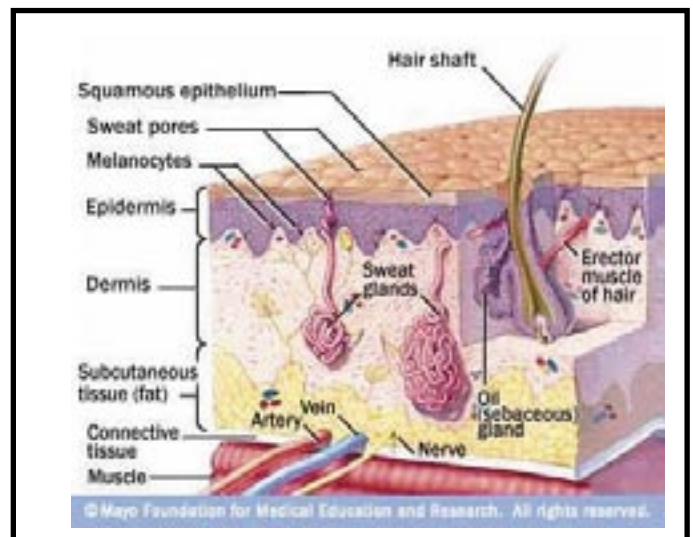
Handmade natural & organic personal care products

3111 Farnam, • Davenport, Iowa 52803  
651-423-4562 • Fax 651-423-9280

*This document will provide information about skin, what happens to your skin as you age, methods to maintain healthy skin, natural versus synthetic skin care products, testimonials, programs for skin maintenance and skin therapy.*

## Skin information Tidbits

- Skin is the largest organ of the body.
- Each square cm. (1/4 inch) of skin contains:
  - 6 million cells
  - 5 thousand sensory glands
  - 100 sweat glands
  - 15 sebaceous glands (oily, fatty glands)
- Skin has 3 layers: Subcutaneous, dermis, epidermis.
- Subcutaneous layer (Under the dermis): acts as heat insulator, shock absorber, protects underlying tissue from cold and trauma.
- Dermis (bottom layer): contains blood vessels and nerve endings. This is where skin cells are born. The cell moves upward for 2 weeks to the bottom of the epidermis.
- Epidermis (Outer layer): contains no blood vessels, has nerve endings. The skin cell then spends 2 more weeks here. As the cell moves to the surface, it flattens out, dies, and then is shed.
- 15-20% of an adult's body weight is skin.
- 2-3 billion skin cells are shed daily.
- Continually being rejuvenated, completely renews itself in every 3-5 weeks.
- Is a defense against infection, dehydration, temperature extremes and injuries.
- Absorbs and uses nutrients that are topically applied.
- Absorbs synthetic chemicals – up to 60% into the bloodstream.



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## Healthy Skin Tidbits

- Drink, drink, drink water and juices. This provides hydration to skin cells.
- Eat three to six small balanced meals daily. Include plenty of fruits and vegetables rich in antioxidants.
- Quit smoking.
- Use alcohol/caffeine in moderation. Tends to dehydrates skin cells.
- Sleep a full eight hours a night. The body needs time to regenerate.
- Protect your skin from sunlight. Wear sunglasses, hats and light protective clothing. Stay out of the sun between 10 am and 2 pm.
- Get yearly skin exams. Monitor for skin changes.
- Exercise daily. Promotes healthy skin by releasing toxins from cells and body.
- Wash your face two times daily with a natural, gentle moisturizing soap. Harsh soaps and cleansers will strip skin's natural oils and deplete skin's moisture.
- Moisturize your skin 1-2 times daily. Dryness causes the skin to produce more oil.
- Exfoliate your skin 2-4 times weekly, removes all dead skin cells.
- Use good hand washing techniques throughout the day to decrease skin infection or spreading of infection.
- Wash your hands before using skin care products to decrease spread of bacteria – but don't over wash.

## Skin Aging Tidbits: *Aging skin is caused by intrinsic and environmental factors.*

### INTRINSIC FACTORS:

- DNA: Some people inherit genes that allow younger looking skin if a healthy lifestyle is maintained.
- Hormones: a deficiency in estrogen causes decreased elasticity and collagen production. This causes the skin to lose firmness and become dry.
- Skin becomes thinner with aging because the underlying fat is slowly lost .
- The oil and sweat secreting glands decrease, making it difficult for the skin to hold moisture.

### ENVIRONMENTAL FACTORS:

- Sun, smoking and poor nutrition are the worst environmental aging factors.

- Humid/dry air especially in dry arid desert climates
- Wind dries the skin
- Air pollution, food/contact allergies and infection are also contributing factors.
- Contact irritants and toxins accelerate the aging process.

### SYMPTOMS OF AGING:

- Thinning or thickening of the skin.
- Wrinkles and fine lines.
- Dryness and itchiness.
- Hyper pigmentation or liver/age spots.
- Benign or cancerous growths.



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## *Reasons for Problems*

### **As Skin Ages:**

Skin is constantly renewed as new cells form in the dermis (outer layer) and move upwards to the top (epidermis) at which time the cells shed.

The following changes occur with age, placing the skin at risk for damage and slower healing.

- Dermis and epidermis become thinner
- Cell renewal process decrease
- Layers of dead cells remain on skin surface longer, causing dull appearance, rough/scaly texture
- Decreased elasticity and supporting structures cause sagging, wrinkles, dryness, and thinning
- Underlying fat decreases (except on thighs/abdomen) due to a reduction in sweat glands/blood vessels, decreasing the response to heat exposure, or less insulation from the cold
- Nerve endings decrease, causing diminished sensations (ability to feel)
- Loses ability to moisture itself due to decreased production of natural oils.

### **Sun Exposure:**

#### ***Causes skin changes that are associated with aging***

- A decrease in melanocytes causes skin to be less protected against ultraviolet radiation
- Long term exposure to ultraviolet radiation from the sunlight leads to fine, coarse wrinkles, red/brown spots, rough texture, irregular pigmentation, and in increasing occurrences, skin cancers



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### **Other reasons for skin problems:**

- Functions of skin that decline with age
- Epidermal turnover
- Immune function
- Wound healing
- Vascular responsiveness
- Injury response
- Thermoregulation
- Barrier function
- Sweat production
- Chemical clearance rates
- Sebum production
- Sensory perception
- Vitamin D production



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## *Skin Maintenance Program*

### *Exfoliate*

Exfoliate your skin at least 2-4 times a week. Exfoliating removes all the dead skin cells, which will allow the skin to absorb moisture.

1. During bath or shower, exfoliate with Sugar Scrub or Soap Sack 2-3 times/weekly. You may use oatmeal soap to help exfoliate.

### *Moisturize*

1. Wash your face and body with natural moisturizing soap 1-2 times daily. Using moisturizing soap will replenish the natural oils of the skin, create a protective layer to keep moisture in, and provide a natural sun protection.
2. Apply lotion/cream and face cream 1-2 times daily, preferably after showering/bathing. The lotion will work with the soap to restore the natural oils, moisturize the skin and provide a natural sun block. Apply whichever you prefer, Shea Lotion or Hand & Body Lotion and Face Cream lightly after bathing and when needed.
3. On HOT summer days, chill your lotion, and then apply to face or body for a soothing and rejuvenating sensation.

### *Rejuvenate*

1. Cool off on these HOT summer days, fill your bath with cool water, toss in a teabag in. Relax your senses with peppermint, homegrown mint, as the oatmeal, epsom and sea salts, oils gives you an overall skin conditioning.
2. Use a sprinkle of bath salts 4 times weekly or sprinkle into basin for a sponge bath. The salts and oils will condition your skin as you enjoy the relaxing aromatherapy. Alternate with a bubble bath after you toss in a soapsack under running water for the ultimate conditioning bath.



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## Skin Therapy Program

### Treatment of problem skin

**Use Daily:** During showers or baths, use handmade moisturizing soap throughout the therapy. The moisturized skin as the result of the soap will act as a preventative for many skin problems.

**Rough, scaly or very dry skin:**

Exfoliate while taking a shower using the *Soap Sack*, then apply *Sugar Scrub* to the problem area, gently rub and rinse off. After drying, apply *Bee Balm Body Rub* on the area. Repeat this treatment four times a week for two weeks. Then repeat if condition reappears. To prevent frequent reoccurrences, use the *Handmade Soap* in combination with *Hand & Body Lotion* or *Hand & Body Cream* after the condition has cleared.

**Rough areas on the elbows and hands:**

Apply *Body Butter* generously. Initially the skin may feel oily but will soak in within minutes.

**Dry facial skin due to dry climates:**

Apply *Face Cream* generously. If skin is extra dry, you may need to use *Body Butter*. Initially the skin may feel oily but will soak in within minutes.

**Moderately dry skin:** If you desire an extra light cream in any area where the skin is not too dry, use *Body Whipped Cream*.

**Psoriasis or eczema:** For relief use oatmeal based *Handmade Soap* to cleanse the area and *Sugar Scrub* to exfoliate and moisturize the skin. Then use *Bee Balm Body Rub* for additional moisture and soften the skin. As skin improves, use *Body Butter* to keep the skin moisturized.

**Minor cuts and abrasions, minor scratches, including scratches that draw blood, irritation due to certain weeds, burns and blisters, insect bites:** Use *Bee Balm Body Rub*. Apply in a circular motion on the area.

**Athlete's foot, blistered, cracked or calloused feet and heels and appearance of scars:** Initially exfoliate using *Sugar Scrub*. Apply *Foot Balm* in a circular motion on the area. As skin improves, use *Body Butter* or *Massage Bar* to keep the skin moisturized.

**Chapped, blistered or cracked lips:** Use *Lip Butter*. Even provides therapy for cold sores.

**Natural sun protection:** Use *Massage Bars*, *Face Cream* and *Lip Balm* with sun protection.

**Sunburn and minor irritations:** For relief of sunburn and irritations use *Body Parfait*. Daily use of handmade soap can help prevent sunburn.