

Skin Care Vegas Style

By J. P. TALLEY
Skin and Beauty
Care Consultant



WHICH MASK WORKS BEST FOR YOU

When choosing a mask, concentrate on the ingredients rather than the cosmetic form it comes in — gel, mud, cream or wax. There are no mask rules, but here are some guidelines to follow:

- For oily skin: Clay masks contain more drying agents, pore tighteners and toners than others. They also give absorption, massage and exfoliation. Other ingredients to look for: Chalk, Bentonite, aluminum chlorhydrate, zinc oxide.

Masks for oily skin are most often suspended in water or non-greasy solutions, which become a type of toner.

Most gels also have an alc, water and glycerine base that aids oil removal.

- For dry skin: The key here is water and oil since oil helps the skin

to retain moisture. Eggs and various vegetable, animal, mineral oils or waxes have a super lubricating action. Masks containing placenta or collagen are designed to help cellular reproduction and keep the skin elastic. A mineral mask applied over placenta or collagen creams, helps reactivate the natural water-loving minerals in the skin.

- For skin over 40: Age is no crucial dividing line. Skin is the result of long-term care. With age the cellular renewal cycle slows considerably. Dead, flaky white cells collect on the face and body, giving it an ashen, leathery appearance. Plus older skin has weathered more years of exposure to harsh, natu-

See SKIN, Page 12

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