

Skin Care Q & A for Women of Color

(NAPS)— As the seasons change, your complexion may take on a different appearance. So why not take a moment to reassess your skin-care regime? Miriam Muléy, Avon's director of African-American beauty marketing, offers these hints to help your skin maintain its beautiful glow 365 days a year.



Miriam Muléy, Avon's director of African-American beauty marketing, answers some common questions about skin care.

Q: My skin tends to look ashy. What can I do?

A: "Ashiness" is caused by dry skin, an outer layer of dead skin cells that gives your skin its gray appearance. Don't exfoliate — it will just exacerbate the problem. Do moisturize regularly, especially as the temperature drops. One way to reduce ashiness is to treat yourself to one of the new skin-care products with alpha hydroxy acid. Avon's Anew Perfecting Complex for Face, for example, helps the skin slough off rough, dead skin, helping it to look its radiant best.

Q: With winter fast approaching, how can I fight dry skin?

A: Cut down on baths or showers that are too long or too hot. They can really dry out your skin. Instead, take quick showers using lukewarm water, then slather on a moisturizer while your skin is still moist. Don't forget elbows, knees and heels — you'll appreciate the all-over softness.

Q: As a mature woman, I

don't have visible lines, wrinkles or dry skin. What should I do to keep my skin looking healthy?

A: Black skin does tend to age gracefully, so the effects of aging may be less obvious. But this doesn't mean you should ignore proper skin care. It's never too late to begin a simple but healthy skin-care regimen. Start with a good cleanser to remove surface grime, excess oil and makeup. Then apply toner to remove the last traces of dirt and cleanser, and moisturize to replenish skin's moisture supply. And be sure to use moisturizer with sunscreen all year 'round. Even though black skin can endure three times the sun exposure than white skin can, it still needs protection from damaging rays.

To find out more about buying or selling Avon products, call 1-800-FOR-AVON.

SUGAR PUDDIN'



BALANCED DIET AND EXERCISE HELP MOTHERS-TO-BE

(NAPS) — Thanksgiving marks the start of the holiday season, when people traditionally fret about putting on pounds. But gaining weight should be a goal of every pregnant woman.

Healthy Start, a national program promoting healthy behavior for pregnant women and their families, advises moms-to-be to ask their health care givers how much weight to gain during pregnancy. Most women gain 25 to 35 pounds. Their bodies — and their growing babies — need more energy. That comes from eating nutritious food from four basic groups: dairy products; meat, fish, poultry and beans; fruits and vegetables; bread and cereals. Pregnant women also

should drink six to eight cups of liquids, such as water, juice or milk, each day. They should avoid large amounts of any one food, and eat small, regular meals and nutritious snacks.

Regular exercise about three times a week also is important during pregnancy to stay healthy and keep up energy levels. Many health care givers suggest that mothers-to-be should not exer-



cise more than they did before becoming pregnant or try any new or unfamiliar exercises. They should also avoid exercis-

ing in very cold or very hot weather. The best exercise for pregnant women is walking.

Proper weight gain during pregnancy means the baby's getting bigger — and healthier, too.

FREE INFORMATION

For free brochures on a healthy pregnancy, write: Healthy Start, P.O. Box 826, Merrifield, VA 22116.

If You're Dabbling In Drugs... You Could Be Dabbling With Your Life.



This is a message from the U.S. Centers for Disease Control.

Skin popping, on occasion, seems a lot safer than mainlining. Right? You ask yourself: What can happen? Well, a lot can happen. That's because there's a new game in town. It's called AIDS. So far there are no winners. If you share needles, you're at risk. All it takes is one exposure to the AIDS virus and you've just dabbled your life away.

For more information about AIDS, call 1-800-842-AIDS. Nevada AIDS Hotline



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