



Skin Product Contamination

There are many different types of skin issues such as rashes or acne. When this occurs you want to make sure what's going on your skin is pure-meaning lotions, creams, makeup and skin-therapy products. It can also be the result of one simple thing, germs.

Skin products can have germ in them when the skin is touched before applying the product. Example; you touch your skin,you pick up the skin product, put a dab of cream on your finger tip and then touch the skin again. Your cream has germs in it. It can be difficult to heal the skin after that, as the products may continually reinfect the skin.

Suggestions:

- If you have any skin problems at all, throw out your skin products as they are likely to be already contaminated. Start fresh with a new set.
- If possible, put skin products on at home where you can have better control over them.
- Buy many brushes or applicators to put products on your skin.
- Buy an inexpensive Vodka alcohol to use as a disinfectant for brushes, etc.
- Wash your hands before touching your skin. Only touch your skin products with clean hands.
- Put a dab of the product on the palm of your hand or towel to put on your skin.
- When your done using the brushes, wash your hands and clean the brushes by swishing it around in alcohol, then letting it dry.
- Do not keep cosmetic brushes loose in a purse or bag, as they collect dirt that would end up on your skin.
- Do not ever use someone else's makeup or products.

Yours for health naturally,

Dr B

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