

**Psst!**

Plan to Stay in Shape Today

# Pamper your skin



# Pamper your skin



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# Skin care



## Be comfortable in your skin

It is important to take care of your skin every day. The reason? Having beautiful, healthy-looking skin is good for your morale and helps you maintain good health.

**Your skin is the  
only clothing you  
will wear for your  
entire life!**

*Did you know?*

**Skin represents 16%  
of your total body weight.**



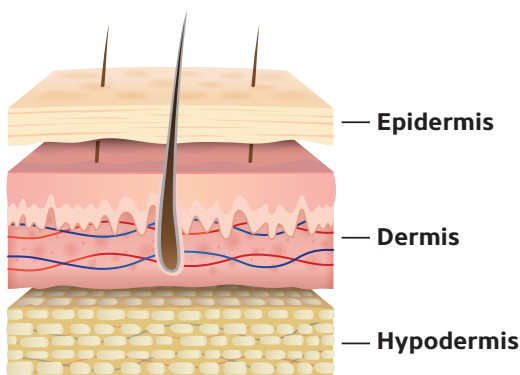
## Skin is composed of many layers of tissue.

The outer layer of the skin is called the **epidermis**. This is the layer you can see, and which gives you your complexion! If it is not damaged, its strength and elasticity make it an effective barrier protecting you from the germs around you and the harmful elements of the outside environment, such as the sun and pollution.

Underneath the epidermis is the **dermis**. Here we find a vast network of nerve endings, which are responsible for the various sensations we feel, helping us react to pain and to variations in temperature. Vitamin D is also made in the dermis.

Under the dermis, the **hypodermis** is the thickest and deepest layer of the skin. Its thickness varies depending on the part of the body it protects and on the person's age and gender. Since the hypodermis consists in large part of fatty tissues, it is an energy reserve when you exert yourself.

Your skin is your body's largest organ! It is therefore very important to take care of it every day in order to prevent or correct a variety of skin problems that may arise.



# For healthy skin, **just do these three things every day**

## 1 CLEAN IT

Clean your skin every day. This first step is essential to maintain its balance. Cleaning eliminates dirt, sweat and makeup that can become irritants in the long run and result in bacterial growth. You should wash your face twice daily.



**When you wake up**, to eliminate natural secretions produced by your skin during the night.



**When you go to bed**, to help your skin breathe better and to help the epidermis regenerate during your sleep.

Showers or short baths (no longer than 10 minutes) are best for your body, and be sure to use warm water instead of hot water. You will avoid upsetting the balance of the protective film on the surface of your skin.

**You don't need to take a bath or shower every day. Spacing them out can help prevent dehydrating the skin, especially for babies and young children.**



Look for products with the following characteristics, as they are generally less aggressive for the epidermis:

- Soap-free
- Perfume-free
- Hypoallergenic
- Physiological pH (the same as the skin, somewhere between 4.5 and 6.5)
- Non-comedogenic (does not clog the skin's pores)

For combination or oily skin, choose a gel or cleansing foam. For dry or sensitive skin, it is best to use a cleansing milk or oil. For 2 in 1 fans, use a micellar solution that removes makeup and cleans and the skin at the same time.



Remember to properly remove any makeup from your eyes before washing your face! You must use a product designed specifically for cleaning your eyes, as the skin around your eyes is thin and very sensitive. To remove non-water repellent mascara, use a water-based makeup remover, and use an oil-based cleanser for water-repellent mascara. If you are not careful to clean your lashes, they may fall out more easily and will be less plush.

## 2 MOISTURIZE AND NOURISH IT

Moisturize and nourish your skin, as these are fundamental steps for healthy skin. **Moisturizing** products contain ingredients that attract and retain water in the skin's structures to prevent or treat its dehydration. **Nourishing** products replenish the skin's essential and nutritious fats, which it requires in order to function properly.

Their **moisturizing** and **nourishing** power varies according to the amount of water or essential fat they contain. The richer they are, the more essential fats they contain, which will nourish your skin deeply. However, their thicker texture makes them more difficult to spread on your skin. To learn more about the various kinds of products, go to the annex on page 42.

In all cases, the product you use will be more effective if it is applied within three minutes after your bath or shower, while your skin is still wet.



To find the right products for your needs, consult your cosmetician or dermo guide.

Before you use any new products, test them on a small spot on your arm. Wait for 24 hours to see if you have a reaction.

## 3

## PROTECT YOURSELF

Protect your skin from irritants that come from your environment. The sun's UVA and UVB rays can cause burns, premature aging of the skin, allergic reactions and even cancer.

The sun's rays are strongest in the middle of the day, so try first to avoid exposure to them during these hours. If you are doing outdoor activities, using sunscreen is recommended all year long, even if you have darker skin. Be sure to apply your sunscreen properly to guarantee effective protection. Completely protect yourself by wearing a hat and sunglasses. And wear warm clothing to protect your skin from the cold during the winter!

*Tip*

If you use a spray-on sunscreen, first spray some into your hands and then apply it to your skin.

This will ensure that you apply a thick enough layer over the entire surface of your skin, even when it is windy!



## Guide for **effective** **sunscreen** protection

First application  
**15 minutes**  
before exposure  
to the sun

Re-apply  
sunscreen every  
**2 hours**



Teaspoon: 5 ml  
**Total amount:**  
**45 ml**



In the summer that  
has a protective  
factor of **at least**  
**30 SPF**

Arms and shoulders



Face



Back



Torso



Legs



## Lip and eye care

**For your lips**, remember to apply a protective balm several times a day, or at least in the evening before going to bed and in the morning before going outside. Some lip balms also contain sun protection. To prevent or treat wrinkles or fine lines around your lips, use a cream especially formulated for this region.

**The contour of your eyes** should be treated as of age 25. There are products to nourish and protect the contours of your eyes as well as products to reduce dark circles. All eye products must be applied by tapping and not by friction, as your skin is very thin in this location. Being too rough may cause congestion and puffiness. Products intended for the contours of your eyes of have tensing and smoothing characteristics. Don't handle them too much to avoid getting them warm, as they will lose their effectiveness.



*Did you know?*

**Your skin contains  
70% water! Drinking  
water throughout the day  
will also ensure that your  
skin is properly hydrated!**

## Additional care for optimal results

### 1 EXFOLIATE

Exfoliate your skin to rid it of dead cells that have accumulated on its surface. This process ensures better penetration of moisturizing products and treatments that will be applied later. It also helps to renew cells, soften the skin and restore its radiance. Gently massage the skin by making small circular movements with your fingers. **Avoid the contours of your eyes, as your skin is more fragile there.** To finish, rinse your skin thoroughly with warm water.

It is recommended to exfoliate your skin in moderation, about once or twice per week if you have normal or combination skin, and once every two weeks if you have dry skin.

It is better to exfoliate your skin at night because you must avoid exposure to the sun afterwards, and because cellular regeneration is more active during the night.

**WARNING!** Despite its many benefits, exfoliation is not recommended if you have acne, rosacea or skin hypersensitivity.



## 2 REVITALIZE

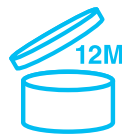
Revitalize your skin with a mask. These have a moisturizing, nourishing, purifying or smoothing power. Ideally, do this after exfoliating, because your skin will then be very receptive to the active ingredients. Apply a mask about once or twice per week according to the manufacturer's instructions, and avoid applying it around your eyes and on your lips, unless otherwise indicated

## 3 AMPLIFY

Amplify the desired effects with a serum or concentrate. These kinds of products are highly active because their formulation is composed of specialized ingredients in maximum concentration. They are used to moisturize, firm, regenerate and soothe sensitive skin, as well as to lighten or oxygenate the skin. They provide quick results and solve some deficiencies. It is recommended to apply these products daily, under your day or night cream, according to the manufacturer's instructions.



## Skin care products shelf life



The general shelf life of skin care products is approximately 6 to 12 months after they have been opened. However, if you notice a rancid odour or a change in the cream's colour (two signs of deterioration), it's time to get some new products and to throw out the old ones. Some products have an expiration date on their packaging, which should be honoured. If the product has been stored in a dry place like in a bedroom or closet, at a temperature between 15 and 25 ° C, this will ensure that it retains all its qualities.

**Never store these products in the refrigerator.**

**WARNING! To avoid contaminating your cream, dip into it using a clean cotton swab or spatula rather than with your fingers. When you're done using it, be sure to close the cover promptly.**

## Skin as soft as a baby's



From birth, your first precious contact with your baby is through its skin. In fact, this is one of the baby's first sensory organs to develop, but it will take several months to mature. Initially, your baby's skin is about five times thinner than that of an adult and also much more permeable. It is always better to use only products specifically designed for babies. These will help you give its skin the attention it needs.

# Is a man's skin different?

Yes! It is important to point out that a man's skin has different characteristics. It is often thicker, richer in collagen, and fatter because of the higher rate of androgen that promotes the secretion of sebum, the fatty substance produced by the skin's glands.

A man's skin is not immune to acne problems, dryness, sensitivity and aging. In these situations, you must use products that have been developed to respect their differences. For example, for oily male skin, moisturizing products are adapted to have a more fluid texture, which is less rich. In lotion form, these provide a refreshing effect and a matte finish.

Shaving is one of the most aggressive things a man can do to his skin. A moisturizing and nourishing product adapted for his skin will provide a feeling of comfort.

In addition to hydration, using the previously described skin cleansing and exfoliation products will help meet the health and aesthetic requirements of male skin!



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# Common skin problems

## Aging of the skin

With age, the epidermis' renewal slows down, collagen fibres deteriorate, and the skin becomes thinner and loses its elasticity. Some expression wrinkles appear and accentuate your features, while fine lines form in the corners of your eyes and underline the edge of your lips. These are signs that the skin is aging.

### 1 PREVENTION

Several things can be modified to slow down this process.

#### **Protect yourself from the sun**

---

The sun plays an important role in accelerating aging. UV rays activate free radicals that damage cells and destroy collagen fibres. These effects are cumulative from one exposure to another. The ideal anti-aging formula is to apply a cream with an integrated sunscreen every day so you can have continuous protection while on the move. If it is not integrated, you must apply sun protection over top of your daily skin care product.

Applying sunscreen, however, should not promote longer exposure to the sun. **You can also prevent wrinkles and fine lines around the eyes by wearing sunglasses.**

### Moisturize and nourish your skin

Moisturizing and nourishing products are also considered very useful to prevent aging of the skin, since they help the skin retain its suppleness and elasticity. It is therefore recommended to apply this product on clean skin in the morning and the evening.

### Adopt a healthy lifestyle

Having a healthy diet, drinking plenty of water, getting regular physical activity, reducing stress, and sleeping well are all ways to keep your skin looking young.

**Stop smoking.  
Tobacco plays a big  
part in prematurely  
aging the skin.**



## 2 CORRECTION

Some products are designed to reduce the damage caused by aging in skin cells.

### Antioxidants

**Antioxidants** which are available in topical formulas that are applied on the skin, like vitamins C and E, coenzyme Q-10 or botanicals, such as teas, grape seeds and skins, as well as soybeans, neutralize free radicals in the skin.

This action improves the skin's natural protection system and helps treat superficial wrinkles.

These anti-aging products can be used as a complement to sun protection and skin moisturizing.

## Corrective ingredients

The use of **corrective ingredients**, such as alpha hydroxy acid (AHA), glycolic acid, lactic acid and beta hydroxy acid (BHA) improves the skin's texture and elasticity.

Their long-term use increases the skin's collagen and elastic fibre content.

## Retinaldehyde

**Retinaldehyde**-based creams promote production of elastic fibres and collagen while helping reduce the signs of aging skin, such as wrinkles, fine lines, texture changes and hyperpigmentation.

**WARNING!** Anti-aging products are not devoid of side effects. Ask a health care professional about the precautions you should take before using them.

Although several ingredients have shown some effectiveness, others have not been proven in the long run. Ask your cosmetician or dermo guide!



# Acne

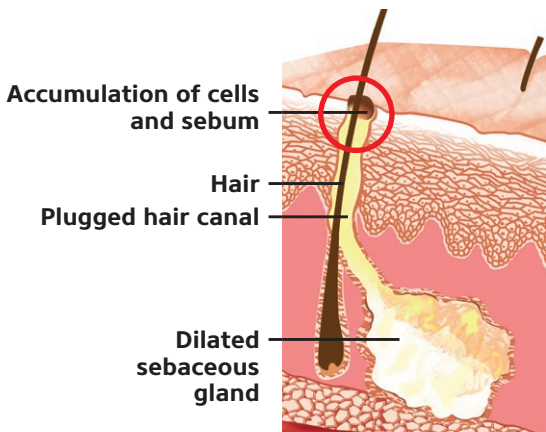
Acne affects about 85% of teens and usually ends around the age of 25. It can be caused by various factors (genetic, hormones), which lead to, among other things, an increase in sebum production by the sebaceous glands. This hypersecretion of sebum will be greater where the sebaceous glands are present in large numbers, either in the T zone of the face (forehead, nose and chin), in the chest and upper back.

The accumulation of excess sebum, mixed with dead cells and sometimes bacteria, can clog the hair canal. This type of lesion is called a comedone. If the comedone is on the surface of the skin, it will look like a black dot. This colour is caused by the oxidation of sebum coming into contact with the air.



*Pamper your skin*

## Comodegenic zone



If the comedone is closed because epidermis cells cover it, it is called a micro-cyst or whitehead. Reddish skin appears when bacteria in the capillary channel multiply and secrete substances that trigger inflammation, such as redness, pain, heat and swelling.

## **1 PREVENTION**

The following tips are simple and easy to apply in your everyday life. They will decrease your risk of getting new acne lesions.

### **Avoid washing your skin excessively**

Contrary to what you might think, oily skin is fragile. Cleaning it more than twice a day or using overly aggressive products will increase sebum production and thus make the problem worse. You will further reduce the risk of irritation if you clean your face with your fingers rather than with a washcloth.

### **Avoid squeezing or scratching your pimples**

Popping your pimples only makes your acne worse. When a pimple pops, bacteria spreads to the surrounding skin and may contaminate it. Remember that pinching a pimple increases swelling and redness!



#### *Tip*

**Wash your sheets  
and pillowcase regularly  
to avoid contact with  
oil and dirt.**




## Makeup is fine, but remember to let your skin breath

Choose lightweight, oil-free, **non-comedogenic** makeup products, as these are less likely to block your pores. Products containing mattifying and tinted substances may be an option to hide lesions.

At least once a week, you should avoid applying makeup to your skin so that it can rest, which will help it heal.

Since they contain bacteria, do not forget to clean your makeup brushes with an antimicrobial soap.



Since they contain bacteria, do not forget to clean your makeup brushes with an antimicrobial soap.

## 2 CORRECTION

It is possible to treat acne using products that reduce the amount of sebum produced, kill the bacteria responsible for acne lesions and reduce skin inflammation.

### Mild acne

**Mild acne** can be treated with over-the-counter products containing 5% benzoyl peroxide. Benzoyl peroxide prevents the formation of comedones and fights the bacterial responsible for acne from multiplying.

- If your skin is very sensitive, apply the product gradually, such as every other day or one in three days. Apply only to affected areas.
- Avoid contact with clothing and dark bedding as benzoyl peroxide may discolour them.
- It is also important to use sunscreen because the skin will become more sensitive to the sun.

## More severe acne

In cases of **more severe acne**, your doctor may prescribe other types of lotions or creams as well as oral medications.

- Effective acne treatment requires patience. Improving your skin requires 8 to 12 weeks.
- Some treatments may cause minor irritation or dehydration that will disappear once the skin becomes accustomed to the treatment.
- A non-comedogenic moisturizer will help you reduce this discomfort.

Do not stop using your treatment immediately when you no longer seem to have acne lesions.

Check with your healthcare professional to make sure it is appropriate to stop using your treatment.

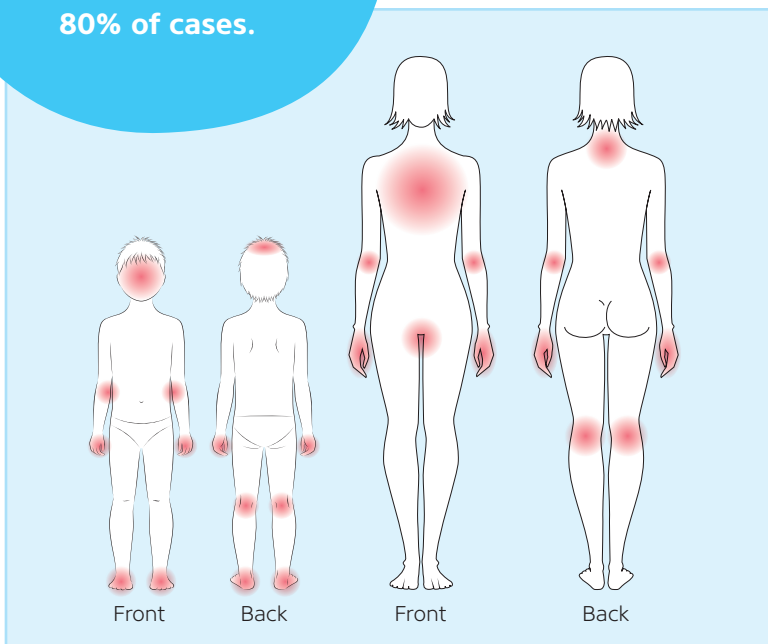


# Eczema

Eczema is a non-contagious skin inflammation that causes the following symptoms: red, dry or itchy skin. This disease involves periods commonly known as eczema flare-ups, during which the symptoms worsen, and remission periods in which conversely, the symptoms fade. Eczema usually appears in childhood and can continue into adulthood.

*Did you know?*

When both parents have eczema, their child will also suffer from it in 80% of cases.



**Anatomical diagram of the areas of the human body most affected by eczema.**



## PREVENTION

### Moisturize and nourish your skin

One of the key ways to prevent eczema is to avoid having dehydrated, dry skin.

Choose a product that can potentially remedy both situations, such as a cream or balm. In all cases, it must be perfume-free, colourless and hypoallergenic.

**Remember to test your products on a small area of your skin before using them!**

### Avoid irritants for your skin

Eczema can be caused by allergic reactions to touching things, such as poison ivy or by contact with chemicals that alter the skin's outer layer, like strong soaps and some detergents.

For sensitive skin, look for products that are labeled as having **no-perfume**. Regular scented soaps, laundry agents (bleach) and softeners can irritate and aggravate eczema.

If using a mild detergent still causes itching, it may be best to rinse your clothes twice after washing them.

It's better to choose clothing and sheets made with natural fibres, as they are less likely to irritate your skin and aggravate eczema.

**Since irritants differ from person to person, take time to identify what yours are. To help you, build your reaction profile using the table at the end of this guide.**

At home, keep the room temperature cool as much as possible. Use a humidifier to maintain optimal humidity levels, especially during the winter.

### Reduce your stress

Stress and anxiety are two things that can cause eczema flare-ups. It is therefore better to learn how to manage your stress, whether you play a sport or do relaxing exercises.

### Ensure there are no mites in your environment

Mites are tiny insects invisible to the naked eye found mostly in sheets, pillows, mattresses and carpet fibres since they prefer warm, damp places. Although some people tolerate them very well, they can aggravate eczema by irritating the skin.

#### Here are some tips to eliminate mites:

- Cover your mattress and pillows with mite-proof and dust-proof cover.
- Avoid carpets.
- Keep your room temperature cool.
- Vacuum and dust regularly.

### ADVICE

To prevent baths or showers from becoming irritating, wash with lukewarm water and for not more than 10 minutes a day.



## 2 CORRECTION

### Relief of itching

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Itching breaks the skin's natural protection, irritating it further and aggravating the symptoms.

#### **Here are some ways to relieve itchiness:**

- Apply a moisturizer to your skin whenever you feel itchy.
- Choose a moisturizer with anti-itch ingredients, such as: colloidal oatmeal, menthol, pramoxine or calendula.
- Apply cold compresses or spray thermal water that you keep in the refrigerator for an even more refreshing effect.
- For babies and young children, keep their nails short and put cotton mittens on them at night to prevent them from scratching themselves.
- Itching is sometimes very intense and/or can disturb your sleep. Talk to your healthcare provider about taking an antihistamine to reduce itching and promote sleep.

### Relief of skin redness and dryness

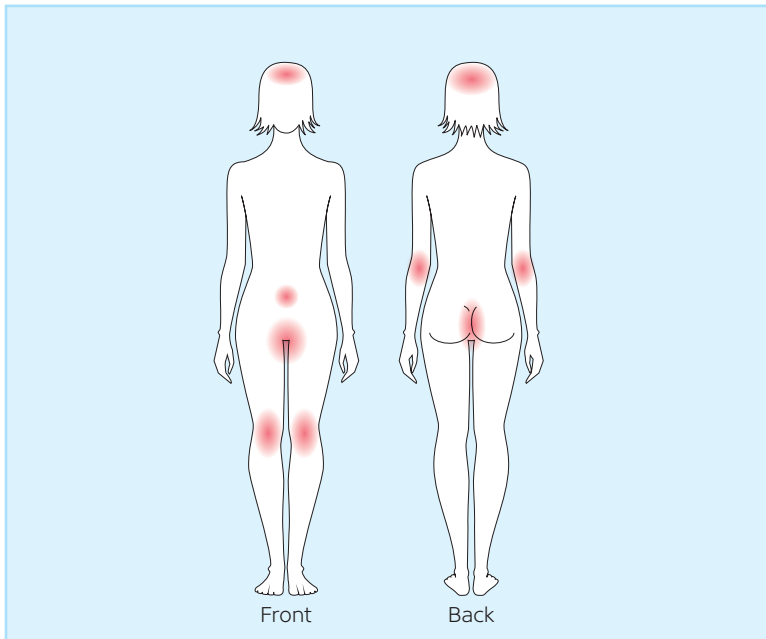
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Moisturize and nourish your skin properly by following the recommendations mentioned earlier in this guide.

If you have symptoms of mild eczema, an over-the-counter corticosteroid cream may be enough to reduce the inflammation of your eczematous lesions. For more severe cases, creams or ointments containing more potent corticosteroids or other prescription medications are often required. Ask your health professional about them.

# Psoriasis

Psoriasis is an inflammatory, chronic, recurrent and non-contagious disease. There are several types of psoriasis; the most common (in 80% of cases) is **plaque psoriasis** or **psoriasis vulgaris**. In this situation, the immune system has a defect resulting in accelerated skin cell growth. As a result, skin cells multiply more rapidly than they are eliminated, resulting in the formation of thick, scaly, silver-coloured plaques that may be associated with itching. Most often, lesions are located symmetrically - you will find that they appear in the same place on both sides of your body.



**Anatomical diagram of the areas of the human body most affected by psoriasis**



## PREVENTION

### **Avoid things that trigger or aggravate your psoriasis**

What causes an aggravation of psoriasis in one person is not necessarily the same for another. For some people, stress, smoking or heavy alcohol consumption, certain infections, skin damaged by sunburn or scrapes, certain medications, allergies or the winter climate will trigger a psoriasis flare-up. Being vigilant in your daily life to identify this disease's aggravating factors makes it possible to avoid them, often without too much harm. Use the chart at the end of this guide to help you with this process.

### **Take care of your skin**

In order to prevent your skin from drying out and itching, follow the tips in the section: *For healthy skin, just do these three things every day!*

For people with psoriasis on the scalp, wash your hair with a mild shampoo and make sure you rinse it well. Dry it gently with a soft towel and avoid using a blow dryer. Remember to use a soft-bristled hairbrush to avoid irritating your scalp.





## Choose your clothing wisely

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Cotton clothing is better because it is less irritating and lets your skin breathe more. Larger-fitting clothing is best to cover areas of the body where you are likely to develop psoriatic lesions. Tighter clothing irritates more, and is therefore more prone to cause pain and aggravate your psoriasis. If you are concerned about the appearance of dander on your clothing, wear lighter colours, as it will be less apparent.

## Protect yourself from the sun

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It is true that the sun's rays can help decrease the symptoms of psoriasis in some cases. This does not mean that you no longer need proper sun protection. Remember that a sunburn can trigger and worsen your psoriasis symptoms. Talk to your doctor about what to do to handle your exposure to the sun.

## 2 CORRECTION

It is best to seek the advice of a doctor before treating psoriasis. They will be able to determine the type of psoriasis, the severity of the lesions and the treatment required. There are topical treatments, such as creams, ointments, lotions and shampoos, but also oral treatments and injections. You can still take a step towards improving your psoriasis by keeping your skin well moisturized and by changing your lifestyle, as mentioned before.

Psoriasis is a chronic disease. Various treatments, however, can control the disease's symptoms and even make the scales disappear. The secret is to follow your healthcare professional's recommendations!

# Rosacea

Rosacea is a chronic and inflammatory skin disease that commonly affects adults between the ages of 30 and 50 who have a fair complexion. Women have a higher risk of developing rosacea. At the onset of the disease, the skin on your face (especially the cheeks, nose and forehead) often becomes reddish, as if sunburned. Redness, called rosacea, is often accompanied by a sensation of heat, tingling and tightness of the skin.

Over time, small, dilated, purplish blood vessels can appear on your cheeks, the flares of your nose and on your cheekbones. You may also get small red pimples (papules) on your face, or they may be filled with pus (pustules). The latter is called rosacea acne.

**WARNING! Do not confuse rosacea with adolescent acne, which involves blackheads and whiteheads.**



## PREVENTION

Two people with rosacea will have symptoms for different reasons. Thus, observe the reaction of your skin in your daily life in order to **detect what triggers** your rosacea. Create your reaction profile to the various factors by using the table at the end of this guide. You can adjust your dietary choices, cosmetic product purchases, and your daily activities accordingly.

## 2 CORRECTION

### Moisturize your skin

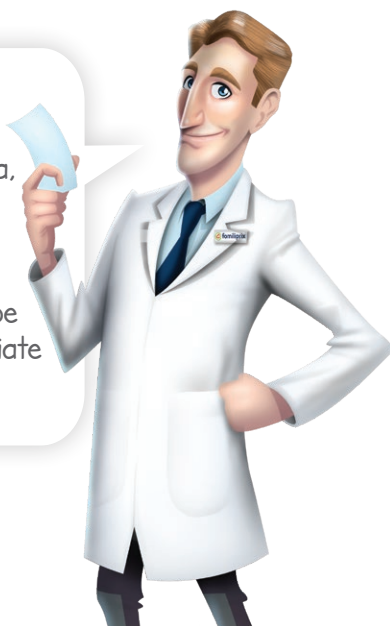
Moisturizing your skin is strongly recommended, since it preserves your blood vessels' elasticity. However, you must use non-comedogenic **fluid creams** and avoid using oily creams that are too occlusive and increase the sensation of heat.

### Reduce the appearance of redness

- There are corrective makeup products containing green dye that helps hide skin redness.
- Powders and fatty foundations should also to be avoided. It's better to choose those that are adapted for rosacea skin types.
- Thermal water sprays can be useful to refresh and soothe the skin.
- The sun's rays can aggravate rosacea, so use proper sunscreen protection, and if possible, avoid direct exposure.

### ADVICE

If you think you have rosacea, it is important to consult a doctor, because without prevention or treatment, it can get worse. A doctor will be able to prescribe an appropriate treatment for you.



# Moles (nevus) or malignant melanoma?

A mole is a cluster of melanocytic cells (cells responsible for producing melanin and the skin's colour). These small spots, also called "nevus", are usually circular or oval and can be dark brown, light brown, colourless and even blue. Moles appear gradually during the first 20 to 30 years of life and can change shape, colour or texture over time. They are generally more frequent and numerous on areas exposed to the sun.

## 1

## PREVENTION

### Protect yourself from the sun

Even though heredity plays a role in developing melanoma, it's caused primarily by the sun. Sunburns during childhood can cause melanoma. However, excessive exposure to the sun at any age can increase your risk. Artificial ultraviolet rays, like those from tanning beds, pose the same danger. Protecting yourself from the sun is fundamental for everyone. Consult the *Protect your skin from the sun* section in this guide for the best advice!



**Health Canada  
discourages the use of  
tanning equipment.**

**WARNING! UV rays can penetrate clouds, fog and mist.**

### Examine your moles

Pay attention to changes to your skin. A new mole appearing after 30 years of age or an existing mole that changes suddenly must be checked by a doctor. Some symptoms, such as moles that are painful, itchy, red, bleeding or thickening, should also be reported quickly to your doctor. Keep a close eye on your moles; ask for help when checking your back, or use a mirror.

### Self-examination using the ABCDE method

#### Watch for early signs of melanoma:

**A****symmetry.** Are both halves of the mole symmetrical if you draw a line through the center?

**B****order.** Are the mole's edges unequal, serrated or indented?

**C****olor.** Are there different colours, like brown, red, white, blue or black?

**D****iameter greater than 6mm.** Is the mole the size of a pencil eraser, or larger?

**E****volving.** Has the size, shape, colour or height changed? Has a new symptom appeared, such as bleeding, itchiness or formation of a scab?

## 2 CORRECTION

If not diagnosed quickly, melanoma will spread to the deeper layers of the skin. It will reach the blood vessels and the lymphatic system and can then invade other parts of the body. At this stage, it is often too late. However, when melanoma is detected quickly, the cure rate is about 90%. Early diagnosis can help remove all the abnormal cells through surgery or using specialized creams and prevent recurrences, hence the importance of keeping a close eye on your skin!

**WARNING!** People with a lot of moles (more than 50) are more likely to develop melanoma, which is an increasingly more common skin cancer that can be fatal if not treated quickly.



# Hyperhidrosis

Sweating is a normal process that helps the body control its internal temperature.

Sometimes the body produces an excessive amount of sweat despite being at an appropriate ambient temperature. This is called hyperhidrosis. It is estimated that about 3% of the Canadian population suffers from this problem.

In most cases (90 %), it presents itself locally and affects the armpits, hands, feet, and sometimes even the groin and the forehead. This disease cannot be cured, but there are several solutions to better control it.

The negative consequences arising from hyperhidrosis are not uncommon. They can be embarrassing and often undermine the lives of the afflicted. Hyperhidrosis complicates certain tasks, such as using a computer keyboard or even playing certain sports. It can also be a contributing factor to certain skin disorders.

## PREVENTION

There are some measures that can reduce excessive sweating, such as wearing clothes made from natural fibres that allow good air circulation, and wearing lightweight, porous clothing, especially around the armpits. Sportswear often has these desirable qualities. Hyperhidrosis rarely causes unpleasant odours. If this does happen, it is due to the accumulation of bacteria, sweat and dead skin reacting with each other to create foul odours. Bathing or showering on a daily basis, while paying special attention to the affected areas, is therefore strongly recommended.

## Feet care

- Wash your feet regularly and dry them properly to prevent odours and fungal infections.
- Use absorbent powders once or twice daily to control humidity.
- Wear shoes that allow the feet to breathe as well as wool or cotton socks.
- Change your shoes everyday so that they are able to dry completely.

## 2 CORRECTION

There are currently effective treatments to control this problem.

In most cases, you can control local hyperhidrosis by applying a treatment directly to the affected region. Products are available in gel, stick, spray or solution form. The active ingredient in these products is usually aluminum chloride at varying concentrations. It is very important to apply them to clean, dry skin that is not irritated. Ask your health professional for advice on the best application method.

*Did you know?*

**Botulinum toxin  
(Botox™) can be  
used to control  
sever hyperhidrosis.**





# Sources and hyperlinks

## **Acne and Rosacea Society of Canada**

[rosaceahelp.ca](http://rosaceahelp.ca)

## **American Academy of Dermatology**

[aad.org](http://aad.org)

## **Canadian Association of Psoriasis Patients**

[canadianpsoriasis.ca](http://canadianpsoriasis.ca)

## **Canadian Cancer Society**

[cancer.ca](http://cancer.ca)

## **Canadian Dermatology Association**

[dermatology.ca](http://dermatology.ca)

## **Canadian Psoriasis Network**

[canadianpsoriasisnetwork.com](http://canadianpsoriasisnetwork.com)

## **Eczema Canada**

[eczemacanada.ca](http://eczemacanada.ca)

## **Familiprix**

[familiprix.com](http://familiprix.com)

## **Naître et grandir**

[naitreetgrandir.com](http://naitreetgrandir.com)

## **Sweatless**

[sweatless.ca](http://sweatless.ca)

# Annex

IDENTIFY THINGS THAT TRIGGER OR  
AGGRAVATE YOUR SKIN PROBLEM

PHARMACEUTICAL FORM OF SKIN CARE  
PRODUCTS



## Identify things that trigger or aggravate your skin problem

Yes, your skin talks to you. It shows you when it is fragile and uncomfortable, so you probably should listen to it!

Establish your skin's reaction profile from the factors presented in the table. Use an **X** to indicate if they cause your skin problem to worsen, and if so, with what intensity.

**This exercise will help you identify and determine irritants specific to your skin.** It will then be easier to find a personalized solution!

### Your skin problem:

**Eczema** ☐ **Psoriasis** ☐ **Rosacea** ☐

PHYSICAL ACTIVITY					
Increase		Reaction intensity			
Yes <input type="radio"/>	No <input type="radio"/>	Light <input type="radio"/>	Moderate <input type="radio"/>	Intense <input type="radio"/>	

Notes:

Do physical activity in cool, airy places.

ALCOOL					
Increase		Reaction intensity			
Yes <input type="radio"/>	No <input type="radio"/>	Light <input type="radio"/>	Moderate <input type="radio"/>	Intense <input type="radio"/>	

Notes:

Alcohol, especially red wine, may aggravate skin problems. Is this your case?

## COSMETIC PRODUCTS

Increase		Reaction intensity		
Yes <input type="radio"/>	No <input type="radio"/>	Light <input type="radio"/>	Moderate <input type="radio"/>	Intense <input type="radio"/>

Notes :

Use a mild cleanser and avoid cosmetics containing perfumes, alcohol, abrasives, fruit acids, etc.

## DIET

Increase		Reaction intensity		
Yes <input type="radio"/>	No <input type="radio"/>	Light <input type="radio"/>	Moderate <input type="radio"/>	Intense <input type="radio"/>

Notes :

Diets or dietary restrictions are rarely based on scientific evidence. Our body requires a multitude of nutrients to be healthy. Avoid eating excessively and foods or drinks that are low in nutrients. Ask a nutrition specialist before completely excluding a specific food from your diet.

## EXPOSURE TO THE SUN

Increase		Reaction intensity		
Yes <input type="radio"/>	No <input type="radio"/>	Light <input type="radio"/>	Moderate <input type="radio"/>	Intense <input type="radio"/>

Notes :

Protect yourself from the sun's rays. Apply sunscreen daily that protects against UVA and UVB rays with a minimum SPF of 30. **Very sensitive skin:** Use a sunscreen with physical filters only, either titanium dioxide and/or zinc oxide. Ask your healthcare professional for more details.

### TEMPERATURE VARIATIONS

Increase		Reaction intensity		
Yes <input type="radio"/>	No <input type="radio"/>	Light <input type="radio"/>	Moderate <input type="radio"/>	Intense <input type="radio"/>

Notes :

Avoid extreme temperature variations, such as cold or intense heat. Showers and hot baths and saunas are not recommended.

### MEDICATIONS

Increase		Reaction intensity		
Yes <input type="radio"/>	No <input type="radio"/>	Light <input type="radio"/>	Moderate <input type="radio"/>	Intense <input type="radio"/>

Notes :

If you are starting a new medication, note it and the date and duration of your treatment.

### STRESSFUL EVENT

Increase		Reaction intensity		
Yes <input type="radio"/>	No <input type="radio"/>	Light <input type="radio"/>	Moderate <input type="radio"/>	Intense <input type="radio"/>

Notes :

This can be a major life change, periods of exams or hard work. Take time to take care of yourself and talk to people with whom you are close.

### OTHER PERSONAL FACTORS

Increase		Reaction intensity		
Yes <input type="radio"/>	No <input type="radio"/>	Light <input type="radio"/>	Moderate <input type="radio"/>	Intense <input type="radio"/>

Notes :

## Pharmaceutical form of skin products

Form	Primary ingredients	Characteristics	Moisturizing power	Nourishing power
Gel	Water	It is generally transparent and made of gelled liquids. It absorbs well and does not leave a greasy film on the skin.	+	-
Lotion	Water	It has a liquid texture, and can be applied with or without friction. It evaporates rapidly on the skin's surface, providing a refreshing effect. It can be irritating because some lotions contain alcohol.	++	-
Milk	Water > essential fats	It has a fluid texture, light formula, and helps moisturize the skin without being too rich.	++	-
Cream	Water = essential fats	It has a semi-solid but flexible texture containing both water-based ingredients and fat. It is the most commonly-used form.	++	++

Form	Primary ingredients	Characteristics	Moisturizing power	Nourishing power
Balm	Water < essential fats	It has a texture thicker than cream, so it stays in contact with the skin longer, and it creates a protective film on the skin's surface that makes it more nourishing and restorative.	+	+++
Ointment	Essential fats	The greasiest texture, it forms a barrier that remains on the skin, leaving an unattractive finish, it is more useful for therapeutic purposes.	-	+++

**WARNING!** Dry, dehydrated skin is more easily irritable. That's why moisturizing and nourishing creams can help correct other skin conditions, including acne, rosacea, eczema and psoriasis. Using these creams will also help treatments prescribed by the doctor to be more effective.

*Pamper your skin*

# In this *guid*

## *Skin care*

Be comfortable in your skin

For healthy skin, just do three things every day

Guide for effective sunscreen protection

Lip and eye care

Additional care for optimal results

Skin care products shelf life

Skin as soft as a baby's

Is a man's skin different?

## *Common skin problems*

Aging of the skin

Acne

Eczema

Psoriasis

Rosacea

Moles (nevus) or malignant melanoma?

Hyperhidrosis

## *Annex*

Identify things that trigger or aggravate your skin problem

Pharmaceutical form of skin care products

