

10 Ways To Help You Protect Your Skin



Knowledge is Power

Understand your problem. Ask Questions. Read Labels. Use the right products and Reduce your triggers. Follow daily skin care routine. Be informed and consistent.

Keep Skin Clean

Leave the natural skin substances. Use *Free and Clear* soap free cleansers, shampoo, conditioners and *RoBathol* bath oil.



Soak

Daily in lukewarm clean water for 15-20 minutes. Let your skin absorb water.



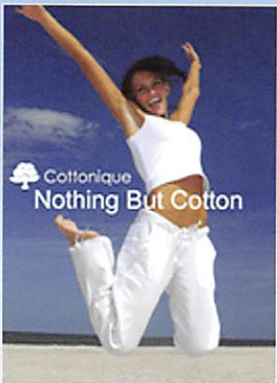
Pat dry

Seal in water, create a barrier against water loss by moisturizing immediately.



Moisturize

Use *Vanicream* ointment, moisturizer or lotion several times a day and before going to sleep. Free of dyes, fragrances, lanolins, parabens & formaldehyde.



Fabric

Clothing, underwear, towels and bedding should be made of chemical free 100% cotton. Use *Cottonique* organic cotton clothing to prevent skin irritation.



Sunscreens

Use only chemical free suntan lotions and lip balms.



Avoid Contact

Encase your pillow and mattress in dust mite proof material. Launder clothing and especially linens in *Acaril* to get out and remove dust mite, pollen, dander and other allergens.

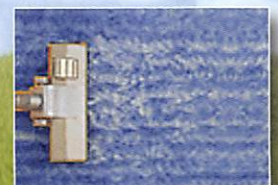


Purify Air

Install *PollenTEC* screens and use *PollenTEC* furnace filters to prevent allergens, irritants and pollutants being in your home.



Remove Allergens by shampooing your pet, eliminate and mould treat carpets with *X-Mite* powders and *ADMS* solution.



For more Information and  Ordering visit our website

www.allergycanada.com