

Care for Mature Skin

There are quite a number of things that can be done to slow down or even prevent the effects of **skin-aging**. Taking care of the skin is not just a cosmetic means, but lifestyle choices such as not smoking, staying hydrated, and eating a balanced diet.

The number one **culprit** for skin aging is **exposure to the sun**. Added to this, our skin changes as we age. The body produces less collagen. And elastin, which allows skin to snap back into place after stretching, gets weaker. Anything that works as a diuretic, such as excessive caffeine and **alcohol consumption**, can cause the body to lose **moisture**. Alcohol also **dilates** the **blood vessels**, especially the rather thin ones in the face.

Female pharmacy customer: Hello, do you speak English?

PTA: Hello, yes I do. How may I help you?

I think I might need a new skin cream! My skin is so dry!

We have a very good product range for more mature skin.

Couldn't you just give me a different **moisturizer**?

I could, but I think you might need a little bit more than just any old skin cream. You see, as we age our skin changes, and what we used in our twenties might not be effective when we are in our thirties and forties. Oh, you are being very kind! I'll be fifty-five on my next birthday.

All the more reason to take special care of your skin! Does your skin tend to be dry or is it oily? I have very dry, quite sensitive skin.

Let's start with your cleansing routine. What kind of cleanser do you use?

I have been using a **foaming** one for quite a while now. Why?

Some foaming cleansers might not be suitable for mature skin. They tend to remove any natu-

ral oils that are present in the skin. This here is a cream cleanser. You just apply a little to your fingertips, massage in gently, remove with **lukewarm** water and then **pat** your face **dry** instead of rubbing it. And moisturizer?

This one here contains **hyaluronic acid**. It also contains antioxidants. Oh! Yes, I've heard of hyaluronic acid! But what are antioxidants?

Free radicals cause the oxidation processes that damage cells, they also damage the genetic material inside the cells. Antioxidants help to stop free radicals forming or they break them down to make them harmless. I'll take the cleanser and the moisturizer for dry skin.

Do you use sunscreen? Only in summer. Why?

You might consider making it part of your beauty routine. I thought it was only necessary when it is hot and sunny.

Yes, but the ultraviolet rays of the sun cause damage to the deeper layers of the skin. It causes more **wrinkles**, and at worst can lead to a **malignant melanoma**. Oh my goodness! I never thought of that here. I thought that only happened in Australia or California!

This sunscreen has an SPF of 30. I also need body lotion, please.

This one for sensitive skin is from the same range. Would you like to try it, here's a tester. Feels good! I'll take it. Thank you.

Goodbye. Bye! ■

*Catherine Croghan,
Lecturer in English and native speaker*

VOCABULARY

mature	reif
skin-aging	Hautalterung
culprit	Übeltäter
exposure to the sun	Sonneneinstrahlung
alcohol consumption	Alkoholkonsum
moisture	Feuchtigkeit
dilates	erweitert
blood vessels	Blutgefäße
product range	Produktpalette
moisturizer	Feuchtigkeitscreme
cleansing	Reinigung
cleanser	Reinigungsmittel
foaming	schäumend
lukewarm	lauwarm
pat dry	trocken tupfen
hyaluronic acid	Hyaluronsäure
sunscreen	Lichtschutzmittel
wrinkles	Falten, Fältchen
malignant melanoma	schwarzer Hautkrebs, Melanom

PTA



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