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Issue 15

3 Steps to *Empower* Your *Skin*

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Navigating the wide world of skincare can be challenging.

Even with the most devoted skincare routine, you're likely to notice some changes in your skin during cancer treatment. The good news is there are ways that you can support your skin and feel good in the process. Let's review the top three steps to empower your skin during this time! This simple yet effective routine can be applied to the skin of the face, scalp, or entire body.

Cleanse

The skin itself acts as a barrier for the entire body. This includes supporting the immune system in preventing infections by stopping harmful bacteria or viruses from entering our bodies. Because of its role as a barrier, it's important to keep your skin clean and hydrated to prevent cracking, which could allow infection to harbor.

The skin can become more sensitive during oncology treatment. Because of this, it's important to choose cleansers that are gentle on the skin and will not cause more dryness or irritation.

Look for keywords such as "for sensitive skin," "hypoallergenic," and "gentle." Cleanse twice a day for good measure, and whenever possible, avoid using hot water as this can further irritate the skin.

Hydrate

Maintaining hydration is key as the skin changes. Moisturization helps to keep the skin pliable, soothed, and supported. Hydrate and nourish your skin at least twice a day, in the morning and at night. Use light-textured serums and creams with anti-inflammatory properties. Ingredients such as hyaluronic acid, organic aloe vera, rosehip oil, arginine, or calendula are just a few examples of supportive ingredients that you can find in many different brands.

Remember that your skincare products should be applied gently and in an upward motion. If your skin is feeling too sensitive for a "lifting" application, you can utilize soft pats to apply your products.

Also, take note that while you're going through treatment, it's best to hold off on the use of more intensive exfoliants such as retinol or mechanical scrubs. You want to focus on soothing and hydrating your skin as much as possible during this time.

Protect


Last, but certainly not least, it's essential to protect the skin diligently during treatment. Various types of cancer treatment can make the skin more sensitive to the sun, which can cause a more intense reaction

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to UV rays. Always apply an SPF 30 or higher to the face, neck, décolleté, scalp, and any other area that may be exposed to the sun. Opt for "Broad Spectrum" SPF to protect your skin from UVA and UVB rays. You can also look for clothing that provides added sun protection. Even if you're wearing a scarf, a hat, or a wig, the scalp needs extra protection at this time, so don't forget to apply an SPF as your first defense measure.

Your skincare routine can be quick and easy or something that you utilize to connect with yourself for just a moment or two out of your day. Incorporating a gentle touch, a few deep breaths, and some soothing sensations can turn your routine into a self-care ritual.

We hope that this information is helpful for you as you navigate the many changes that cancer may bring into your life.

If you would like more information, you can visit www.ricardofisasfoundation.org. There, you can find a free, downloadable SkinCare Guide filled with tips and tricks to support your skin on this journey. 



Contributor's Bio

Raejan Gibbons is a licensed aesthetician, skincare enthusiast, and National Educator for the Ricardo Fisas Natura Bissé Foundation. When she's not teaching fellow aestheticians or working her magic with healing facials, you will probably find her hanging out with her two dogs and husband.

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