

DEPARTMENT OF
GOOD LOOKS



Summer Skin Care

by Barbara Ellison, *Fashion Service*, May 1928

Summer is a time of rejuvenation. Our skin, which has become pinched and dry in resisting the wintry blasts, basks in the genial warmth. We perspire freely and thus our complexions are cleared in Nature's own way. Our diet becomes lighter with plenty of fresh green vegetables and these are excellent for the skin.

But with all its friendliness, one must observe certain precautions in summer lest the skin become dust dried or the direct rays of the sun work irreparable damage. We shall have something to say about protecting the skin from direct sunlight, but let's begin at the beginning, for there are two general classes of skins, the oily and the dry, and each must be treated differently. . . If your skin is oily, avoid fattening foods—cream and butter, fat meats, rich cakes, and sauces. These are for the woman with a dry skin. . .

In general, creams, cold creams and cleansing creams should be light and melty, for a soft, melting cream penetrates the pores, more easily dissolves the dirt, lubricates, and does not stretch the skin in the process. Plain olive oil is good, especially for a dry skin. Daily cleansing with some fatty preparation is good for dry skins and helps to keep them soft and supple. . .

Massage is cleansing, too, and therefore helpful to oily skin. A novel method of stirring up the circulation, which is likely to be sluggish in skin of this type, is by means of cupping . . . Simply place a small glass cup on the face, holding it there for a few moments til the suction draws the blood to the surface. Then, move it to a new spot, continuing in this way until the face has been covered and the blood made to circulate freely.