

SHEPROS®

Safety, Health & Environment Product Solutions

For Healthier Skin

FACE CLEANSER



Shepros Sdn. Bhd.

Pollutions and the Skin

Air Pollution and the Skin

As you age, your skin naturally begins to lose moisture and elasticity; however, there are factors that can speed up this aging process. It's common knowledge that sun exposure causes wrinkles and other premature signs of aging, and many people now limit their time in the sun and wear sunscreen to protect their skin. But unlike the sun, there's little we can do to limit our exposure to air pollution -- particularly in urban areas. Pollution is one of the main sources of skin damage because toxins in the air cause skin to age prematurely, especially on the face, neck and hands.



Smog, dirt and dust in the air can clog pores, cause acne and give skin a dull, gray appearance. And free radicals can deplete oxygen in skin cells and decrease collagen production, which leads to wrinkles, fine lines and rough, dry patches. Long-term exposure to air pollution can also cause skin allergies, eczema, asthma, nausea and blood vessel damage.

To protect your skin from air pollution, it's important to wash your face daily, exfoliate your skin twice a week and use a daily moisturizer. Drinking more water can also help because it hydrates your skin and increases cell production.

Water Pollution and the Skin



Air pollution can often be easy to see, particularly in urban areas where smog and dust from cars, trucks and factories permeate the air. But water pollution isn't as easy to spot -- especially when it's in your drinking water. Tap water contains chlorine, which can damage the skin and lead to premature signs of aging. Although chlorine is used to treat drinking water, it's also a toxic chemical that, in large quantities, can cause serious agitation to the skin and lungs. Even in small amounts, the effects of chlorine can take their toll over time. When you shower, heat opens your pores and allows the chlorine to seep into your skin. Chlorine strips the skin of its natural oils and causes it to dry and crack, which can lead to wrinkles.

Of course, water also has many health benefits and helps the body function properly. Drinking water even hydrates the skin, which keeps it looking radiant and healthy. But drinking water shouldn't be your only source of hydration. You also need to use moisturizer to help your skin stay hydrated.

To protect your skin from the effects of water pollution, you can filter your drinking water to remove chlorine and other toxins and you can limit the amount of time you spend in swimming pools and other highly chlorinated water.

Protecting Your Skin

Pollution is an inevitable fact of life. It's unlikely that you can avoid it, but you can take steps to shield your skin from its effects. Here's how:

- **Antioxidants:**

Antioxidants are substances or nutrients that can prevent or slow oxidative damage to the body. They have been shown to block free radical activity in the body. Eating a diet rich in antioxidants is an excellent line of defense against the damaging effects of pollution. Antioxidants are found in many fruits and vegetables, but most often those that are brightly colored. Consider including antioxidant-rich foods in your diet such as tomatoes, carrots, squash, sweet potatoes, bell peppers, leafy greens, and more.



- **Water:**

Stay hydrated to flush toxins through your system and keep your skin moist.

- **Skin Care Products:**

Choose skin care products that contain protective ingredients.

- **Cleanse:**

Cleanse your skin thoroughly each day to remove the layer of dirt and grime and prevent build-up and congestion.

- **Sunscreen:**

The diminishing ozone layer results in increased UV exposure, more sunburns, and higher rates of melanoma. UV exposure increases free radical activity. Protect your skin from the damaging effects of the sun and ozone.

How To Wash Your Face

1. Wash Your Hands



Here's a rule that's very easy to ignore: Wash your hands *before* you wash your face. Otherwise, you're essentially just rubbing dirt into your pores.

2. Use The Right Water



Myth: hot water opens pores and cold water closes them. The reality is that pores don't have muscles to open and close. While hot water may feel good on your skin, it can screw with your skin's natural, protective oils and lead to over-drying or over production of sebum. If you don't drink the tap water in your house, you don't put it on your face. If it's not good enough for inside, it definitely isn't good enough for your exterior either. It will be a smart move to filter your tap water to clean your face. Always choose clean lukewarm water.

3. Take Off Your makeup First



Many of us will wash our face with makeup on. It is important to take your makeup off first with a makeup remover. That way, the Face Cleanser can work deep into your face pores without mineral powder getting in the way.

4. Don't Rush



Skimping on rinsing leads to residue build-up, this can clog pores and dry out skin. Rinse thoroughly, even when you're rushing in the morning or dog-tired at night. The jaw line, hairline, and nose are the most commonly neglected spots, so show them some love! Take your time massaging your cleanser into your face without scrubbing. When you're done, rinse the cleanser off completely, making sure nothing is left behind.

5. Picking The Wrong Face Cleanser

Over-medicating your face with topical ointments and chemicals is a sure way to irritate your skin and enter a never-ending cycle of problems. Do your face a favor and avoid irritating ingredients such as fragrances, colorants, and synthetic preservatives such as parabens. Sodium lauryl sulfate is another one to sidestep—it's commonly used as a surfactant to wash away debris, but is also a common cause of irritation and allergic reaction. Always read ingredient labels. One thing you can do to limit the amount of irritation on your face is to control the chemical ingredients that you put on your face. Choosing a good face cleanser is important.

6. Use A Soft Brush



Washing face with your fingers will not be able to deep clean the clogged pores of your face. Always use a soft bristles brush if you have sensitive skin.

7. Use A Clean Towel



Always use a clean towel to dry your face after wash. A dirty towel can be contaminated with pollutants and pathogens. Pat, don't rub. Rubbing can feel really good, but it tugs and pulls your skin, which puts your elastin at risk. And don't just grab the nearest hand towel, used or not. Designate a clean, soft towel to blot your fresh face.

8. Overdoing It

For the most part, washing once or twice a day is good protocol but any more can irritate skin, ironically leading to an overproduction of oil. If you didn't wear makeup, slather on sunscreen, or sweat much that day, skip the cleanser at night and try rinsing with tepid water. Giving your skin a break from the cycle of products is healthy from time to time.

FACE CLEANSER - PC-FC 001

Product Description:

Face Cleanser is a low-foaming, non-skin irritating, biodegradable and environmentally friendly cleaner. It is made of powerful Nano Biotech Colloidal Micelles (NBCM); using natural plant extracts, plant derivatives and biodegradable surfactants.

Face Cleanser does not contain alcohol, petroleum distillates, soaps, chemical thickening agents, nitrates, enzymes, phosphates, animal fatty acids, hydrocarbon toxic solvents, non-biodegradable surfactants and ozone depleting substances.

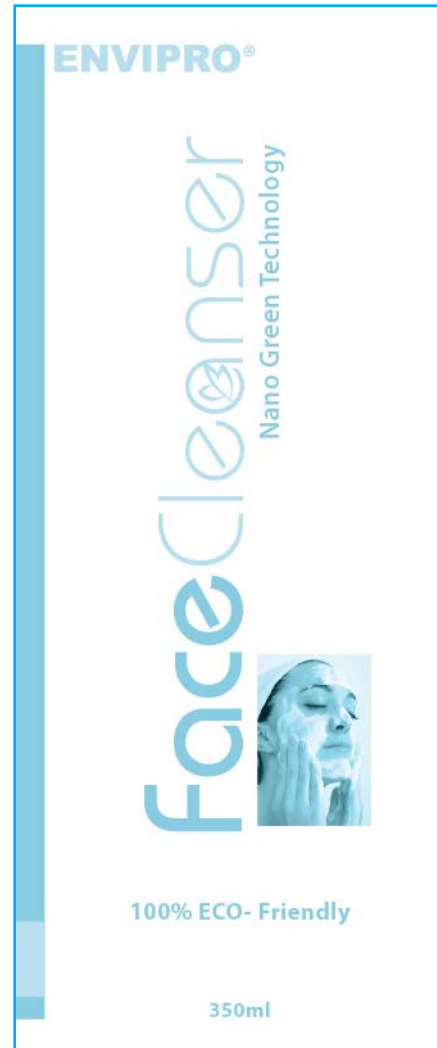
Application:

Face Cleanser is superb for oily skin. It is specially formulated for deep cleansing by uplifting the oils and pollutions from skin pores without irritating the skin. It also offers disinfecting and sanitizing capabilities which eliminate germs from our skin.

Face Cleanser is highly recommended for people who work in dirty and polluted environment. It is gentle enough for everyday use. It is ideal for men and women.

Directions:

Apply on hand or sponge and lather over face, then rinse off thoroughly.



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