

## Mayo Clinic Minute

### Moisturizer tips from a dermatologist

Video	Audio
	Drink plenty of water, don't smoke, and wash your face and body each day with a gentle hypoallergenic soap for healthy-looking skin, says Mayo Clinic dermatologist, Dr. Dawn Davis.  And, after bathing ...
Dawn Davis, M.D. Dermatology Mayo Clinic	"... moisturize with a hypoallergenic, fragrance-free moisturizer when you're done to help the skin hydrate."
	With so many products from which to choose, how do you pick the right moisturizer? Dr. Davis says hypoallergenic is the key.
	"So you want it to be fragrance free. Unscented doesn't necessarily mean that it doesn't have fragrance."
	"Oftentimes unscented just means more chemicals."
	What ingredient should you look for?
	"The most inert natural hypoallergenic product that you can find in a moisturizer is petrolatum."
	As in petroleum jelly.
	Dr. Davis has another important tip for healthy skin care that could potentially save your life.
	"Please remember to wear your sunscreen."
	For the Mayo Clinic News Network, I'm Vivien Williams.