



FEATURE ARTICLE

"C" YOUR WAY TO HEALTHY SKIN
BY CHRISTINA TREMBLAY, MMS, PA-C

Are you looking to improve the appearance of fine lines and wrinkles, improve skin firmness, or brighten your skin's complexion? Well if you aren't already using a skincare product with Vitamin C - it's time to start!

Vitamin C is a potent antioxidant that can help your skin fight off the signs of aging that come from the sun, ozone pollution, and/or cigarette smoke. Vitamin C also helps your skin promote collagen production.

Collagen is the protein that makes up your skin's structure and is responsible for keeping your skin plump and youthful. For optimal defense against sun damage and aging, it is recommended to use a topical vitamin C serum before...

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PRODUCT OF THE MONTH

For all SPECIALS, email us at info@skinwellfl.com or call (239) 732-0044

SPOTLIGHT

Meet Sydney!

For those of you whom I haven't met, I am Sydney Tateo, the Nurse Practitioner at Skin Wellness Physicians. I joined the practice in 2018 and haven't looked back since! I welcome patients of all ages for any medical dermatologic concern. You may also see me assisting Dr. Wasserman during surgical procedures.

In my spare time, you will find me spending time with my husband and one-year old son. We enjoy being outdoors, especially out on the boat!



INSIDER INFO

Has Hand Washing left your Hands Dry and Cracked?

With the current COVID-19 pandemic going on, we are all obsessing over sanitizing everything, from our hands to all the surfaces they touch. While this practice is critical in breaking the cycle of infection, all of this hand washing has inevitably left us feeling a bit dry. What can be done to combat this issue?



The first thing is to adjust the temperature of the water. Instead of using hot water, use lukewarm water. Secondly, change the soap you are using at home. When you are home doing simple things around the house and you need to wash your hands, opt for a gentle cleanser or even creamy wash rather than dish soap, antibacterial soap, or a harsh detergent. Alcohol-based sanitizers and antibacterial soaps may be all that is available in certain situations, so after washing your hands, moisturize! One pump of moisturizer or hand cream will replace natural oils and soothe dry, cracked skin. Other simple tips are to eliminate "wet-work" as much as possible. Repeatedly getting your hands wet will actually dry them out even more. Wear gloves when doing dishes and cleaning the house. This will protect your hands against the harsh chemicals found in cleaning products, but also keep your hands dry.

And lastly, before bed, apply a generous layer of a rich hand cream or ointment and allow it to soak overnight.

For additional questions or concerns, call our office to schedule an appointment with one of our providers!

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East Naples Office: 8625 Collier Blvd., Naples, FL 34114
Downtown Naples Office: 1300 Goodlette Rd N, Naples, FL 34102
Marco Island Office: Marco Medical Center, 531 Bald Eagle Drive, Marco Island, FL 34145