Some solutions to black skin care problems

By Marcia Robinson

Every year thousands literature is written and distributed to the general publi relating to health. Health is o

we should be interested reading all material that makes us aware of our bodies. The subject area of health that I would problems particular to black skin. There will also be some inand breakage that occurs among absorb it naturally.

Most of these facts can be attributed to the American However, there are certain problems that are more prevalent in blacks than whites

Dryness of the skin

We have all experienced dry tions and know how uncomfor-

up products such as oils, grea's nent. It is irreversible. and perhaps cocoa butter to lisguise the ashy appearance. Keloids What might be done to reduce the problem is to apply a moisturizing product while the skin is damp, not bone dry. Let the skin

Hypopigmentation and Hyperpigmentation

These two terms refer to-Academy of Dermatology located patches of color that develop in Evanston, IL. Other informa- topically on our skin. tion can be credited to other pro- Hypopigmentation, for example, fessionals in the fields such as refers to the lighter patches that Barbara Walden and Naomi can be induced from any trauma Sims. Understand one point in to the skin. Hyperpigmentation fact: Most diseases that occur in refers then to the darker patches whites also occur in blacks. that occurs after an injury, cut or some other skin disorder

These two discolorations can be both treated by a dermatologist.

non-prescribed medicines and

Finally it should be mentioned table it feels. For most blacks, that there are certain areas of dry skin is not only uncomfort- our body that are darker by our able but also more easily visible racial distinction. For some because it gives a grayish-white blacks the elbows, earlobes, appearance to the skin. Black knees, and lower buttocks have propriate treatment prescribed. skin hereditarily lacks moisture. been dark since birth. This is Thus, blacks use various cover- perfectly normal. It is perma-

A kelois is a hugh raised scar which can occur at sites of burns. operations or severe acne. When black skin is damaged or broken. a keloid may form during the healing process. Black skin heals faster than most and therefore we become subjected to this

They may occur on the back and chest especially. Sometimes women wearing earrings to keep

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the pierced area of the lob open. may contribute to keloid formation, due to itching. Or women or men who wear heavy jewelry on the arm or neck are possibly subjected to keloid formation. Each Dermatosis papulosa nigra

This is a condition that occurs exclusively in blacks, and most frequently in women. Although the brown to black lesions that characterize this condition resembles moles in the skin of whites, they are different. These lesions are not painful. They are benign and are usually removed for cosmetic reasons.

Breakage is particularly common around the hairline and scalp margins in blacks. This is mainly causes by the undue tension of tight braiding and stret-

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ching of the hair for a certain style. Also, much can be attributed to the various chemical

There are more conditions common to the black person's skin that can be mention in this article. However, if you wish to receive more information on this subject, consult your local health

used in the hair by the hands of a non-professional. If the individual ceases to misuse these caustic products, in most cases. the hair will grow back. Ingrown hairs of the beard

This is a common skin problem

amongst our black men. This means the hair follicles are curved. When beard hair is cut by the razor, giving it a sharp point, its natural curve causes it to reenter, growing back into the skin.

Suggestions to reduce this proelm would be to select a sharp blade razor. Possibly you might alternate between your depilatory agent and shaving Again see a dermatologist if skin becomes irritated and breakouts



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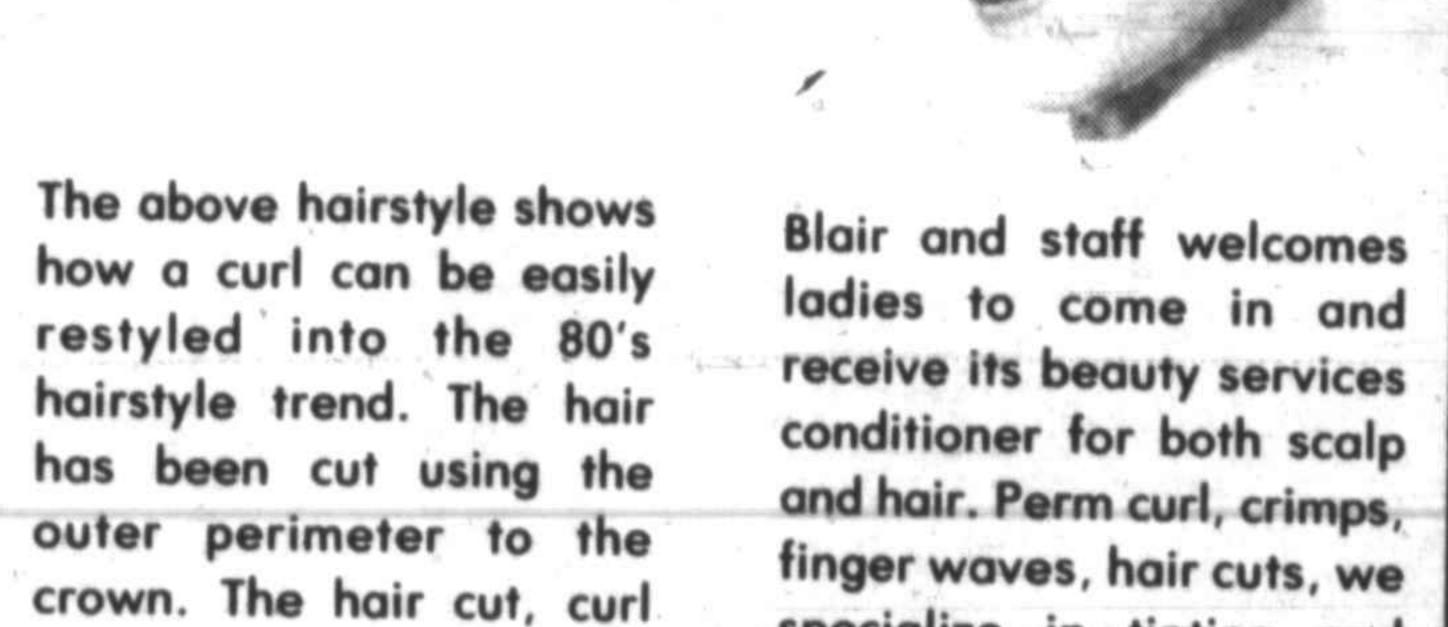
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how a curl can be easily restyled into the 80's hairstyle trend. The hair has been cut using the outer perimeter to the crown. The hair cut, curl and style is by Ann Blair

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Taking care of your fingernails for fashion and health

A number of letters have come in to the paper inquiring about the care and trends in nail artistry. Therefore, the next two is at the base of the nail and i columns will focus on care and embedded underneath the skin. ionally and at home.

Finally, I will feature a nail ar- bodies as most professionals do! substance in the polish. tist/manicurist in a Baltimore Now that we have the technical

Nails are an extension of our basic manicure and you would • Start underneath the nail skin and serve to protect the tips have had a total polished look. You may at this time trim excess of our fingers and toes. Without getting too technical here, don't grow? The growth of your would like to use a few terms in nails, like hair, depends strongly the industry to acquaint you with on nutrition, health and proper the parts of the nail. This is also rest. The nail grows forward, important to know in case your staring at what's called the manicurist should mention these matrix and to the free edge terms for your follow-up treat-Nails, like hair grow faster in the

ment at home. Nails are made up of a protein

So you say, your nails won't or

root to the free edge. The nail root

structure. For the ladies, we are office wiht a FINELY tailored all so used to just "slapping the designer suit (with somebody's polish" on our nails that often we name on your behind), shoes a • Start removing any traces of the general health of our body. So OOooops! you forgot those nails. use a cotton ball. if we are not treating our insides Your nails look like you just • Shape each nail with an lack of care.

summer. Nails need room breathe and therefore, must be substance that is also found in our hair. It's called keratin and forms cle to be pushed back off the nail the base of the horny tissue in our Hereditarily, some people hav nails. Your nail is divided up instrong nails, no matter who to three parts: the nail body, the Most of us have to depend on na nail root, and the free edge. The strengtheners and fortifiers nail body is the part you and I can manicures and possibly vitamins

The nail body extends from the do, your nails may take a

maintenance of your nails profes- The free edge is the end portion have also been told by many in of the nail which reaches over the the field that regardless of length, I will also identify some com- fingertip, itself. Complicated. keep your nails polished with mon nail disorders and offer Huh? No, its just that we don't even a base coat. This prevent some suggested treatments. consider the anatomy of our breakage due to the protein

forget our nails need more atten- shinin', hair all smooth and you nail polish with nail ename' tion. Nails, like our skin, reflect look down to your nails and remover. Of course you would

right, then our outside shows this finished fine-tuning your car. All emery board going side to side, you needed to do at home was a not in a sawing motion.

to keep our nails strong and long. Due to the type of work you may

There are many salons in the salon to bring you up to date on side down, how about the daily Baltimore area that offer what's HOT in the world of nail care of our nails. Nails can say a manicuring services. Perhaps lot about a person. Say for exam- your salon could give you an at-First, let's begin with some ple, you had a very important in- home maintenance treatment? basic information regarding nail terview today. You walk into the between visits. Here is a suggested basic manicure:

Soak fingers in a nail soak for

tion warm but not boiling. Also in this step, you may use a small toothbrush or nailbrush

(preferably) to remove any debris from the underneath of the nail, not the cuticle area.

a minute or two. Have the solu-

 No you can begin to trim the cuticles after applying a cuticle

Dry hands thoroughly.

 Push the cuticles back with a cuticle shaper.

• Clip any excess cuticle and of blood and nutrients, the better re-clease nails in warm, soapy

 Buff nails gently in one direction to bring blood flow to the sur- healthier your nails will be. face. Now apply base polish. Allow to dry. Apply your favorite credited to Revlon, "Art of Beaunail polish using three quick ty" and "All About Health and strokes: one in the center, one Beauty," by Naomi Sims.

down on both sides.

 Allow five minutes or longer if possible to dry between coats Apply top coat, and Viola!

you have an at-home manicure Finally, from the people at Revlon Industries, here are some nail facts for well-kept hands.

Always use a pencile to dial

 Pick up small objects with the pads of your fingers. Keep hand lotion on the job.

at the sink and under your rubber gloves as a beauty treatment Remember that it takes approximately four to six week to grow an entirely new nail; therefore the more you massage your cuticles to stimulate the flow

nails will grow. The more foods you eat that contain high protein content the stronger and

on your skin to keep it soft in

the autumn, so you're less

likely to plug your pores with creams and lotions. For women,

fall marks a return to more

makeup and lighter skin

creams. The season can pro-

Winter, on the other hand.

News from Asthma Foundation

CAMP HOLIDAY TRAILS-A CAMP FOR CHILDREN WITH SPECIAL HEALTH NEEDS

Applications are now being accepted by the Maryland Chapter of the Asthma and Allergy Foundation of America for camperships to Camp Holiday Trails in Charlottesville, VA.

The Maryland Chapter would asthmatic/allergic children, who otherwise could not afford a camping experience, to spend two or three weeks at the Camp. Scholarship

1) ages 7-14, boy or girl; 2) must be under doctor's care for asthma/allergic diseases: 3) in need of financial aid: 4) must express willingness to attend Camp for allotted period of

The deadline for brochure and application is February 27, 1988. Call (301) 532-4135 or write to: Maryland Chapter-AAFA, 5601 Loch Raven Boulevard, Baltimore, MD 21239

1988 ASTHMA AND ALLERGY KID CONTEST BEGINS

A child in Maryland will be selected by the Maryland Chapter of the Asthma and Allergy Foundation of America to become its Poster Kid for 1988-1989. Application forms are now be-

ing distributed by the Chapter for young candidates between the ages of 5 and 11, who are under physician's care asthma/allergic diseases, or

spotlight on health

Seasonal Skin Care Tips

By Neil Fenske, M.L. Professor of Medicine Pathology, Director Dermatology Division University of South Floria

Tampa, Fla. and spring. It may seem dry in the winter or oily in the hot,

is hard on the skin. Wind and humid summer months. In the summer, for examheating systems parch the skin's surface, causing lines on the face and flyaway hair as well. Don't try to remedy also burn and prematurely winter's damage by slatherage your skin. Heavy, oily ing your face with greasy creams some people use to creams and coating your hair combat dryness may sit on with oily pomades. You should, the surface of the skin, block- however, moisturize your ing the pores and aggravating skin with hydrating treatan acne condition. Be sure to ments. Experts recommend clean your skin gently and drinking six or more glasses frequently during the sum- of water every day during the mer months. Remember: You winter months, splashing your can't wash acne away; vigor- face with water while washous scrubbing will only irri- ing, and using clean, nongreasy tate it. The process called "ex- moisturizers that protect foliating" can enhance your against wind but don't clog skin's appearance. This consists of sloughing off old skin Spring showers put moisture cells with one of the commerback in the air again and, in cial lotions designed specifi- many of us, the desire to recally for this purpose, or with fresh our appearance. Treat washing grains or abrasive yourself to facials and plenty brushes. But be careful to con- of moisturizing baths. To pro-

glowing, not raw and red.

trol your exuberance. Your tect your skin, put a nonoily goal is skin that is smooth and bath gel or moisturizer in the water and be sure to check the ingredients on the facial pack-Autumn brings moister air, which can help to moisturize By becoming familiar with the surface of your skin. But

deep under the surface, where your skin's changes throughthe skin's permanent appearout the year, you'll be better ance comes from, the season's able to anticipate its needs climate has little effect. Still, and tailor your skin-care rouyou'll need less moisturizer tine accordingly.

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