

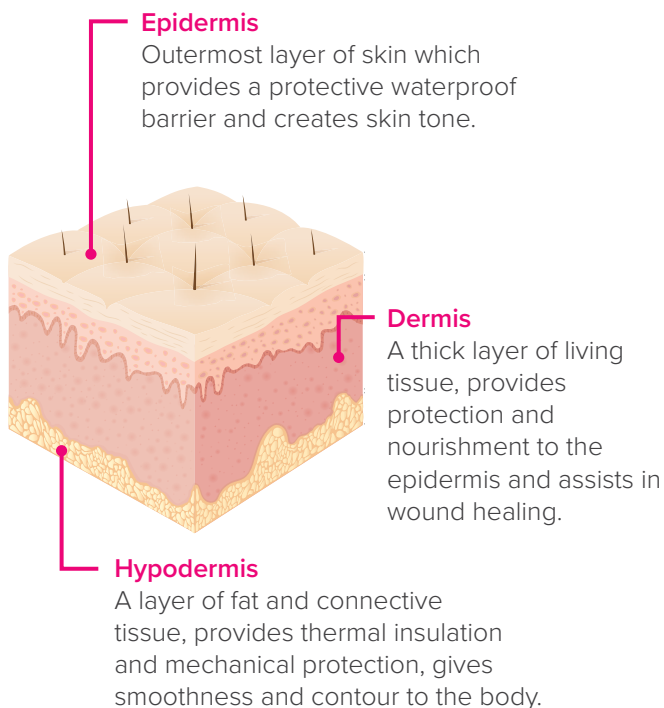
# Fact Sheet For

# Understanding Skin

## Overview of skin

On average one square cm contains\*

- 10 hair follicles
- 100 sweat glands
- 15 sebaceous glands
- 360 cm of nerves
- 12 nerves
- 3 blood vessels



## Interesting Facts

- The skin is our largest organ.
- Skin colour is the result of a protein called melanin, the more melanin in the cells, the darker the skin.
- Skin is thickest on your feet and thinnest on your eyelids.
- Every 28 days skin renews itself.
- Every minute skin sheds about 30,000 to 40,000 cells, which is almost 4kg a year.
- Skin is home to 1,000+ species of bacteria.
- Average adult skin when stretched out is 2 square metres and weighs about 3.6kg.
- Over 50% of dust in a home is often dead skin.

## Tips for healthy skin

### 1. Protect yourself from the sun

- Use a broad-spectrum sunscreen with a SPF 15+.
- Avoid sun between 10am - 4pm when sun rays are strongest.
- Wear protective clothing.

### 2. Don't smoke

- Smoking makes your skin look older and contributes to wrinkles.
- Smoking narrows tiny blood vessels in the outermost layers of skin, which decreases blood flow and makes skin paler.
- Smoking depletes the skin of oxygen and nutrients which are important to skin health.

### 3. Treat your skin gently

- Limit your bath or shower time. Hot water, long showers or baths remove oils from your skin. Use warm rather than hot water.
- After washing or bathing, gently pat your skin dry with a towel so that some moisture remains on your skin.
- Avoid soaps and detergents that can strip oil from your skin. Choose mild cleansers instead.
- Shave carefully. Apply shaving cream, lotion or gel before shaving to protect and lubricate your skin.
- For the closest shave, use a clean, sharp razor. Shave in the direction hair grows, not against it.
- Moisturise dry skin with a moisturiser that fits your skin type.

### 4. Eat a healthy diet

- A healthy diet can help you look and feel your best.
- Eat plenty of fruits, vegetables, wholegrains and lean proteins.
- Drink plenty of water to help keep your skin hydrated.

### 5. Manage stress

- Get enough sleep.
- Scale back your to-do list.
- Make time to do the things you enjoy.

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