

BARBARA SKIN & HAIR CARE PRODUCTS

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**BARBARA**  
Cosmetic & Hygienic

**hello**  
**Spring.**

HEALTH & BEAUTY MAGAZINE

**MARCH 2022**

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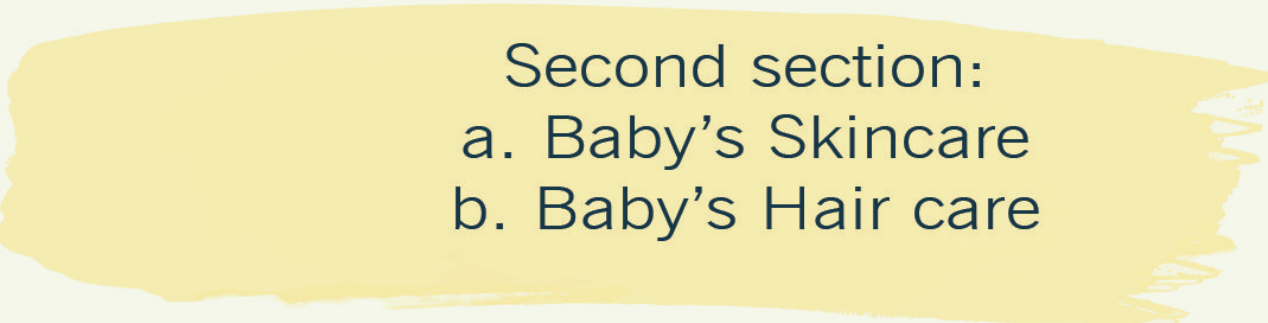
Spring:  
a lovely reminder  
of how  
**beautiful**  
change can  
truly be.





# Content

- First section:
- a. Wellness (health & fitness)
  - b. Beauty

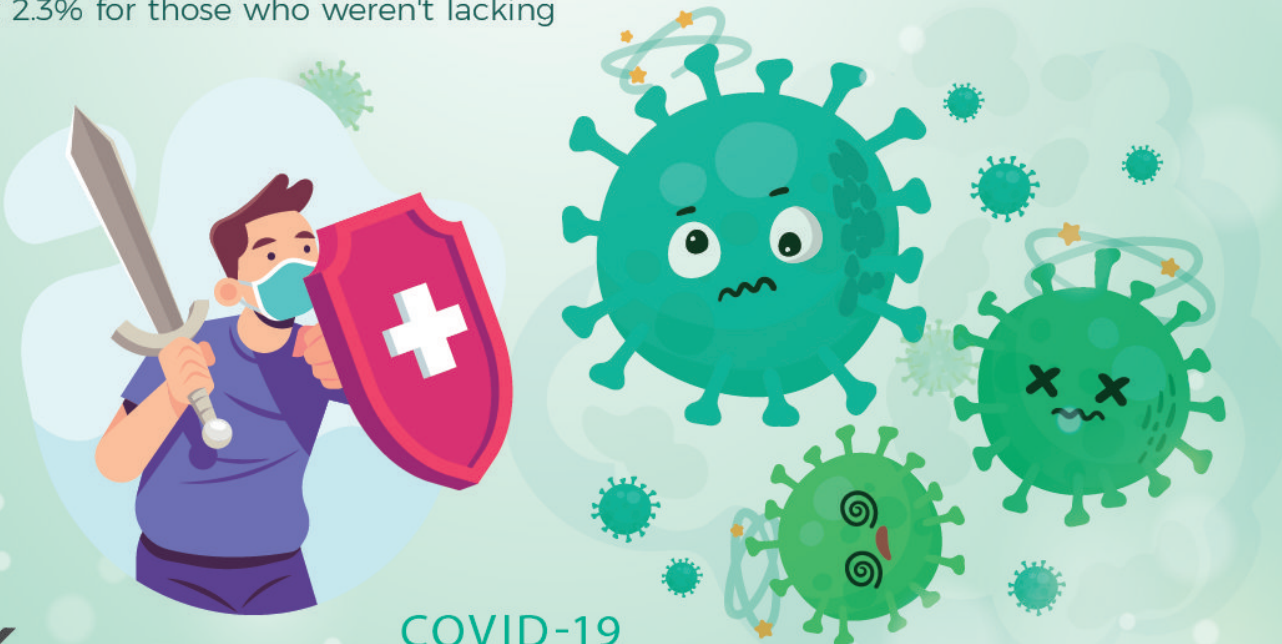
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- Second section:
- a. Baby's Skincare
  - b. Baby's Hair care

# Vitamin D

The small-scale study, which was organized by researchers in Israel and is based on data collected between April 2020 and February 2021, was recently published in PLOS ONE and presents a case that researchers say is "equally relevant" for Omicron spread as well. The data was collected from 253 people who were admitted to hospitals for treatment (at a time before vaccines were available) and was used to conclude that those who had a vitamin D deficiency were more likely to develop a severe or critical case of COVID-19, as compared to patients who had sufficient vitamin D levels within blood samples taken at the time of hospitalization. About half of those in the study were deficient in the vitamin.

Further links found within the new study suggest that those who were lacking vitamin D were 14 times more likely to experience severe COVID-19 complications, which the National Institutes of Health (NIH) define as someone likely needing a respirator to breathe – and in severe cases, those who experience respiratory failure, septic shock or multiple organ dysfunction. Those with a vitamin D deficiency were significantly more likely to die due to infections, the study found; 25.6% mortality rate versus just 2.3% for those who weren't lacking vitamin D.

## Could Play A Role In Avoiding Severe Omicron Symptoms, According To New Research



1. Wellness (health & fitness)

# 3 Easy Ways to Improve Your Health in Less Than a Minute



## Drink H<sub>2</sub>O in the a.m.

Drink a large glass of water when you wake up in the morning, before your coffee.

Not only are you super dehydrated from sleeping all night and perhaps getting up for the loo once or twice, but also, opting for water before coffee turns on your brain, kidneys, and gut faster—and you'll find that you are sharper and can wake up more quickly this way.

## Save your face.

You should be able to properly apply sunscreen to your face each morning in a minute or less.

Use a nickel-size dollop for full coverage, including the areas around the eyelids and nose.



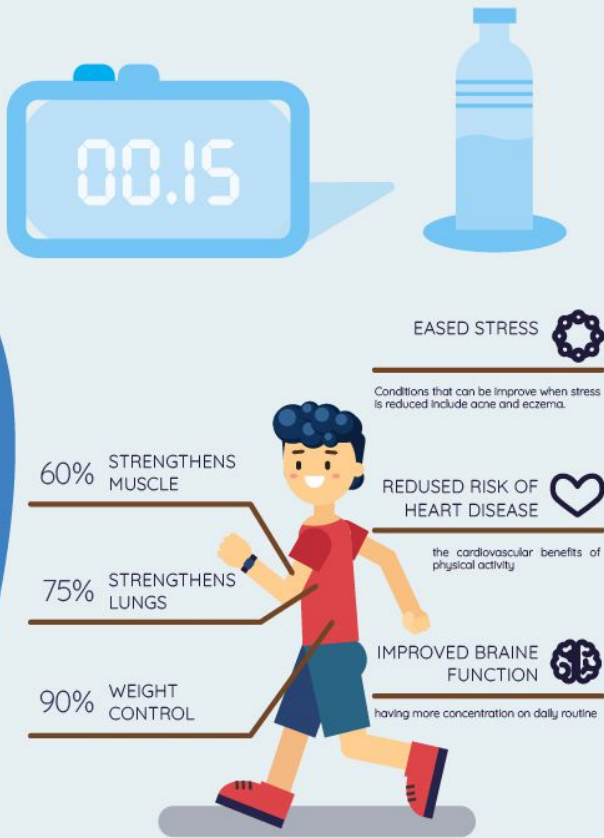
## Protect forgotten skin.

Drink a large glass of water when you wake up in the morning, before your coffee.

Not only are you super dehydrated from sleeping all night and perhaps getting up for the loo once or twice, but also, opting for water before coffee turns on your brain, kidneys, and gut faster—and you'll find that you are sharper and can wake up more quickly this way.

## 1. Wellness (health & fitness)

# EXERCISE FOR HEALTHY SKIN




Exercise has also been shown to ease stress. "And by decreasing stress, some conditions that can be exacerbated by stress can show some improvement," says Brian B. Adams, MD, associate professor and director of the Sports Dermatology Clinic at the University of Cincinnati. Conditions that can improve when stress is reduced include acne and eczema. Although researchers are still investigating the link between stress and skin, studies show that the sebaceous glands, which produce oil in the skin, are influenced by stress hormones.

Regular exercise helps tone muscles, of course. That doesn't have a direct affect on skin, dermatologists say. But firmer muscles definitely help you look better overall.

## 2.Beauty

### A.Introduction



While there are certain cozy comforts to associate with winter, the coldest season is not always a wonderland, so who could deny the appeal of the yearly thaw. When the snow begins to melt, green buds appear on tree branches, and frigid gales transition to cool breezes, all signs pointing to good days to come. With April showers and May flowers ahead of us, spring is certainly on its way. It's a time of new beginnings and fresh starts. Whether we still have a month of winter left, or if warmer days are right around the corner, here are our skin and hair care tips for our beloved audiences.



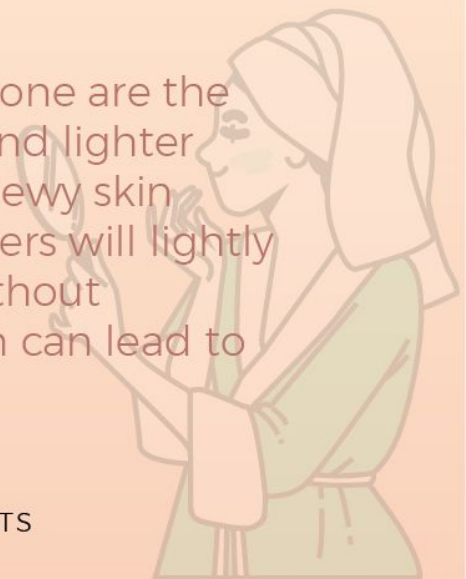
Feeling inspired by budding blossoms and warmer mornings? Us too! Why not take advantage of the spring in your step and switch up your skin routine? From tossing out old products to choosing a lighter moisturiser, we've got your new season transition covered with these tips.

### Spring clean your skincare shelf

Ah, we all have those products. The ones at the back of the bathroom shelf collecting dust! We so often forget to spring clean our bathroom and sometimes these products can be well beyond their best before dates, which may cause skin irritation if we use them. Why not refresh your trusted trio of basics (cleanser, toner and moisturiser)?

### Lighten up

Springtime generally means lighter make-up. Gone are the deep, burgundy lipsticks of the festive season, and lighter lipstick shades in peaches and pinks (plus the dewy skin trend) are incoming. Switching to lighter cleansers will lightly grab away make-up and hydrate spring skin, without clogging pores or leaving a sticky residue, which can lead to unwanted breakouts. No thank you!







***Spring, which is also known as allergy season, calls for a hydrating cream.***

***Use small, circular motions when using a facial exfoliator - and go easy on your skin - once or twice a week is all you need!***



## **Don't forget the rest of your body:**

"Make the transition into spring an easy one by working a light exfoliator into your daily routine to slough away dry winter skin. Get a subtle glow by using self-tanning moisturizer that infuses vitamins and antioxidants into the skin, creating a streak-free, natural looking tan. If you feel your skin seems more itchy and flakey than usual, use a moisturizer that targets dry skin—it makes a difference."

# Ultra Hydrating Cream

protects against sun damage

improves healing time on the skin surface



BARBARA

Ultra hydrating cream

+ Vitamin E

24<sup>hr</sup> hydrating

Nourishing  
Anti oxidant  
Fast absorbing  
moisturizing

All Skin Types  
For the face & body

can be used as after sun

helps skin rejuvenation  
keeps skin hydrated  
protects skin barrier  
against moisture loss



# SPRING ESSENTIALS



**Aloe Vera & Jojoba + Urea**  
**hand, face, and body deep moisturizer Cream**



**Jojoba + Urea**  
**hand, face, and body deep moisturizer Cream**

**With an optimum blend of Aloe Vera & Jojoba with urea**  
**Enhancing the skin texture**  
**Fights against bacteria and free radicals**  
**makes skin's sebum (oil) production balanced**  
**Helps reduce and prevent wrinkles**  
**Increases & maintains skin hydration**  
**Improves skin firmness & smoothness**



## Spring Hair Care Ideas

**A**  
OPTION

### Stop washing your hair every day

washing your hair too often can dry it out and cause breakage. Rather than washing hair every day, space out washes to every other day or twice a week

**B**  
OPTION

### Try a coconut oil treatment

Keep in mind that too much can weigh down hair or make it look greasy. To avoid buildup, start with a small amount (no more than a teaspoon) and gently massage the oil through your hair, beginning at the midsection working toward the ends

**C**  
OPTION

### Plan ahead for your next trim

Regular trimming keeps hair looking healthy by removing split ends. But with circumstances keeping people indoors, hairdressers are out of work and unable to offer their skills. So if you can't go in for a trim just yet, support your hairdresser and buy a gift certificate in advance.



Baby's Skin & Hair Care spring tips



# The Characteristics of Infant Skin

Your baby's skin may look like yours, but it's different in some key ways. Infant skin is thinner and more fragile. The barrier that keeps fluids inside the body and toxins out is still developing and can be damaged easily, especially in the first four weeks of a baby's life.

Infants have more skin per volume than adults and less subcutaneous fat, the fat just beneath the skin. Their skin has higher water content and loses excess water faster than adult skin. Because of these differences, it's important to treat your baby's skin with special care and only apply essential products to the skin in the first several months.

# Routine Infant Skin Care

Even before they can crawl, babies manage to come into contact with dirt, saliva, nasal secretions, urine, feces, and microbes. All the above can lead to discomfort, irritation, and infection if they linger on the skin. Baths are an important way to clean your baby and they can be a special time for bonding and connecting. But don't go overboard scrubbing your baby, or you risk damaging or drying out their fragile skin. Bathe your baby a few times a week in a warm room with warm water and a gentle cleanser. Keep baths short, and be extremely gentle with the skin during the first few months to prevent damage to the skin barrier.



After the bath, apply a moisturizer if baby's skin is dry. Moisturizer improves the condition and function of the skin barrier in premature infants, as well as in adults.<sup>4</sup> For preemies, it can even be a lifesaver. Applying barbara baby lotion three times a day helps reduce sepsis in preemies. Also, it significantly improves hydration and lipid levels in the skin of infants. Spot test first to make sure your baby doesn't have a rare allergy to the oil that you choose





## BabyCare



Massaging oil on your baby confers benefits beyond skin health. Skin-to-skin contact is crucial for infants. Preterm babies who receive touch and stimulation daily gain weight faster and are more active. Premies who spend an hour a day in skin-to-skin contact with a caregiver exhibit better cognitive and mental abilities at ten years old compared to peers who are kept in incubators without skin-to-skin contact. Research suggests infant massage helps full-term newborns sleep better, cry less, and have lower levels of stress hormones. Infant massage is good for caregivers too. It's been shown to help relieve postpartum depression in mothers and enhance parent-child interactions.




Like stars are to the sky,  
so are the children to our world.  
They deserve to shine ✨



Contact Us:

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 [Barbara.babies](https://www.instagram.com/Barbara.babies)

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