

May 2016: Upcoming Talks at the Toronto Public Library and Tips
for Minimizing Acne Scars

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the science of beauty



Finding Skin Care Products That Work

Tired of searching for skin care products that work as promised? Frustrated with wasting money on products that don't live up to the hype? Good news: over the next two months, I will be giving one of my most popular talks, "Finding Skin Care Products That Work" at a few different branches of the Toronto Public Library. In this talk, I will cover active ingredients that work for particular skin issues, product recommendations, and how to get the most out of those products.

First up, I am scheduled to return North York Central Library this upcoming Wednesday. PLEASE NOTE: this talk may be cancelled in the event that the library workers go on strike tomorrow - please stay tuned to my Twitter account or my Facebook page for updates.

Date: Wednesday May 4, 2016 (see note above re: strike)

Time: 6:45 p.m - 8:00 p.m.

Place: North York Central Public Library
5120 Yonge St., Toronto, M2N 5N9

If you can't make it to North York next week or in the event that the strike happens and the talk is

cancelled, not to worry, I will be repeating this talk in June at the Brentwood Branch and in July, at Yorkville Branch.

Date: June 27, 2016

Time: 2:00 p.m. - 3:30 p.m.

Place: Brentwood Branch, Toronto Public Library
36 Brentwood Road North, Toronto, M8X 2B5

Date: July 28, 2016

Time: 1:30 p.m. - 2:30 p.m.

Place: Yorkville Branch, Toronto Public Library
22 Yorkville Ave., Toronto, M4W 1L4

For branch locations and phone numbers, please visit the [Toronto Public Library website](#).



Tips for Minimizing Acne Scars

Got a pimple? Keep calm and...

- DON'T PICK! (If you can't help yourself, use clean hands, and clean the area with rubbing alcohol)
- At least twice a day, apply a warm, wet compress to help clear the pore.
- Avoid strong detergents and fragrance that can further irritate skin.
- Avoid heavy foundation/concealer. Instead, to conceal the spot, apply a mineral powder foundation with a small brush.

- Benzoyl peroxide is a highly effective spot treatment. Don't combine benzoyl peroxide with retinoids (e.g. retinol, tretinoin).
- Tea tree oil only has limited evidence of efficacy in treating acne, and can be allergenic/irritating to the skin.
- Protect from sun exposure to minimize hyperpigmentation; some mineral foundations have SPF so they can do double duty as concealer and sun block.



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