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How to speak in public with confidence

The face wash aisle of the pharmacy or supermarket can be overwhelming -- hundreds of brightly colored bottles and tubes, all claiming to keep your skin looking perfect. But everyone is different and should use a product that's tailored to his or her own skin type. One popular type of face wash is cleansing cream, which washes and moisturizes your skin, getting rid of dirt, sweat, makeup and bacteria. It is usually made from a combination of mineral oil, petrolatum, water and waxes [source: Draelos]. Cleansing creams were high in popularity several decades ago, back when the only other option for a cleanser was usually a variety of harsh bar soaps [source: Draelos]. Even though today there are lots of products on the market that offer alternatives for different skin types, cleansing creams are still a popular choice. These cleansers may come in many different kinds of creams with their own methods of application. Some kinds might need to be applied to wet skin, massaged in until it forms a rich lather and then rinsed off. Others, such as cold cream, simply might require being applied to the skin and allowed to sit for a period of time before being either wiped off or removed with water. If cleansing creams have maintained their popularity for so many years, there must be something to their success. What about the ingredients make this type of cleanser different from others? Many factors contribute to how gracefully skin ages. Genetics, for example, can determine whether you are naturally fortunate enough to have minimal lines or are the unfortunate bearer of excessive wrinkles around your eyes. Regardless of what internal or external factors may be affecting the skin around your eyes, moisturizing eye creams might be able to help to delay the signs of aging -- or at least temporarily hide them. As your skin ages, it tends to become more dried out because the sebaceous glands begin to produce less sebum, or oil. Using an eye cream with moisturizing ingredients may help to prevent that dryness in the eye area. Also, since dry skin can cause fine lines to appear more prominently, the emollients in the eye cream will fill the spaces between skin cells and help to reduce the appearance of wrinkles on your skin, at least for a while. [source: Bruno]. Beyond wrinkles and fine lines, bagginess and puffiness also can be combated with the right combination of ingredients in your eye moisturizer at any age. Dry skin may play a big role in the aging process, but ultraviolet rays from sun exposure is likely your biggest skin threat, and sunscreen will help you the most. Choosing an eye cream that includes a sunscreen with an SPF of at least 15 will help protect your skin from those damaging rays. As for risk factors, remember that the skin around the eyes is very delicate, so you should avoid using harsh or irritating ingredients in that area. Always be sure to read the ingredients list in case the cream includes any fragrance or other chemicals you may be allergic to. And even though many products may temporarily mask wrinkles, you probably shouldn't expect very drastic results from a moisturizing eye cream, especially one of nonprescription strength. When fine lines begin to develop, no matter what age you are, moisturizing eye creams will give you an option to plump, soften and refresh the area around your eyes and, at least temporarily, help hide those signs of aging. For lots more information on moisturizing eye creams, keep reading. **The Lowdown on Eye Lifts** If you're faced with sagging skin around your eyes that eye creams just can't treat, there are ways to permanently remove it. In addition to chemical peels and other topical treatments performed by a doctor, outpatient surgical procedures such as blepharoplasty can remove the troublesome skin along with a little muscle and fat. If you're having difficulty seeing because of the sagging skin -- that is, if the procedure is medically necessary rather than just elective -- your insurance might cover part or all of the costs [source: Mayo Clinic]. The U.S. ice cream industry sells more than a billion gallons of ice cream each year, dispensing cones, gallons, pints, sundaes and other desserts through grocery stores and ice cream shops. In fact, eight percent of all the milk produced in the United States ends up in a frozen dairy product [ref]. Although ice cream can be easy to make at home, it is actually a very complex substance. In this article, we'll learn how it's made, what goes into it and who invented it. We'll also learn how to quickly make ice cream in your kitchen. **Ice Cream or Frozen Dessert?** Not just any frozen treat can be called ice cream. In fact, the U.S. Department of Agriculture has specific rules that define what can and can't be labeled "ice cream." To bear the "Meets USDA Ingredient Standard for Ice Cream" stamp, it has to contain at least 10 percent milk fat, and a minimum of six percent non-fat milk solids. A gallon has to weigh at least 4.5 pounds. The range of milk fat (sometimes referred to as butter fat) used in ice cream can go from the minimum 10 percent to a maximum of about 16 percent. Most premium ice creams use 14 percent milk fat. Higher fat content leads to better, richer taste and a creamier texture. Ice cream makers don't go higher than 16 percent because it would be costly and very high in calories. An ice cream with this much milk fat would also taste so rich that people would probably eat it in smaller amounts, which would be bad news for people who sell ice cream for a living. Other frozen desserts, such as sorbets, low-fat ice cream, and frozen yogurt, are not technically ice cream at all. Frozen custard is ice cream that has at least 1.4 percent egg yolk solids, and "soft serve" can be any frozen milk-based dessert that has not gone through the hardening process -- more on that later. In terms of specific ingredients, the recipe for ice cream is simple. But in scientific terms, it's complicated stuff. Ice cream is a colloid, a type of emulsion. An emulsion is a combination of two substances that don't normally mix together. Instead, one of the substances is dispersed throughout the other. In ice cream, molecules of fat are suspended in a water-sugar-ice structure along with air bubbles. The presence of air means that ice cream is also technically a foam. In addition to milk fat, non-fat milk solids, sugar, and air, ice cream also contains stabilizers and emulsifiers. Stabilizers help hold the air bubble structure together and give the ice cream a better texture. Although gelatin was originally used as a stabilizer, xanthan gum, guar gum, and other compounds are used today. Emulsifiers keep the ice cream smooth and aid the distribution of the fat molecules throughout the colloid. Egg yolks were once used, but ice cream manufacturers now tend to use other chemical compounds. These stabilizers and emulsifiers make up a very small proportion (less than one percent) of the ice cream. In the next section, we'll find out how you make ice cream. **Frozen Yogurt** Frozen yogurt is a popular, healthier alternative to ice cream. You might think that the manufacturing process involves simply putting some yogurt in a freezer, but actually the process is reversed. Instead of making yogurt and turning it into a frozen dessert, the bacterial cultures that make yogurt are added to ice cream mix. The resulting treat is lower in lactic acid than regular yogurt, which explains the milder taste. It is not the price that indicates the level of protection a sunscreen will offer. We may have no qualms about spending less on basics such as flour and sugar and even certain toiletries, but what about medical and health products like sun cream? In fact, cheaper versions of pharmaceutical products, known as generics, may contain exactly the same drug. Here comes the science bit: the pharmaceutical company that discovers, invents or develops a particular medication has a patent period of 20 years, during which time only it can sell the product to recoup the billions of pounds spent on developing it. When the patent ends, cheaper versions of the same medicine, known as generics, can be developed. We asked the experts if it's acceptable to go for the cheaper options on summertime staples like sun cream, antihistamines and antiseptic cream. Here's their verdict: Sun cream 'It is not the price that indicates the level of protection a sunscreen will offer. If a product is cheaper, this does not necessarily mean it will work less effectively than a more expensive one,' explains Hermione Lawson, spokesperson at the British Skin Foundation. 'The two factors you need to be looking out for when choosing a sunscreen are its SPF and UVA rating. The SPF, or sun protection factor, is the level of protection the sunscreen will give you against UVB radiation -- the type that causes sunburn. This is usually prominently displayed and on the front of the product. We recommend choosing a sunscreen with an SPF of 30 or higher. Secondly, you need to pay attention to the UVA rating, which tends to be found on the back of the product. It may be a circle with the UVA letters inside it, or a star rating that will show the level of UVA protection from 0 to 5. Ideally, we would aim for 4 or, even better, 5 stars.' Verdict: **SAVE Antihistamines** 'The cheaper antihistamines or generic brands meet the same quality standards that the branded versions have to comply with and the drug is exactly the same,' says Maureen Jenkins, director of clinical services at Allergy UK. 'The generic versions are always cheaper and perfectly okay, but the way they are presented -- in tablet, capsule or liquid form -- may help customers decide which one they buy. Ask your pharmacist for the generic versions of the trade names: for example, Zirtek is the original trade name of the drug cetirizine and Claritin is the trade name for loratadine. Benadryl is the trade name for acrivastine.' Verdict: **SAVE Antiseptic creams** 'Very often, doctors recommend simply cleaning grazes and keeping them open to the air rather than regularly applying antiseptic cream,' says Good Housekeeping's resident doctor Dr Sarah Jarvis. 'I don't know of any compelling evidence for branded versions being better than own-brand for this.' Verdict: **SAVE** You may also be interested in: 5 of the best face sunscreens 3 ways to beat the effects of too much sun The best body sunscreen This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io

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