

# INSIGHT

WTC COMMUNITY WEEKLY



## Beautiful Inside and Out

If you've been spending a good amount of time online, you must be familiar with people sharing their skin care routine ever so often. Along with product reviews, testimonies, unboxings, the whole lot. It can go as low as a two-step regime, or stretched out to *at least* ten.

In a time where washing hands and using a face mask is of utmost importance, you cannot ignore the fact that it might damage your skin to some extent. Scrubbing it for one too many times could irritate and dry your skin out. Be sure to limit the use of hand sanitizers as it contains alcohol. Try to avoid antibacterial cleansers that contain fragrance and use gloves when you clean. Disinfectants are harsh so use hand moisturiser whenever possible.

As for face mask, it can lead to chafing of the skin on the bridge of your nose, chin, cheeks and even behind the ears. Some people develop itchiness or a rash. Sweaty or damp conditions under the mask can also lead to acne breakouts. Cleanse and moisturize your face before and after using a mask, use a barrier ointment or bandage to prevent or relieve skin injuries caused by pressure or friction from masks, and avoid popping or squeezing pimples, which can contribute to inflammation and infection of the area.

Now, while staying and working from home does allow your skin to breathe from the everyday makeup, you might also want to check their expiration date. New York's Skinny Medspa's dermatologist Hadley King says expired makeup can lead to dermatitis such as redness, bumps, a rash, or even blisters and swelling. It can also start to harbor bacteria that can cause infections and pink eye.

But before you throw them away, why not donate instead?

Jakarta Land will be providing drop-boxes on the reception desk of each WTC building starting from August 10th to the 30th. You can donate beauty tools such as brushes and curling iron you no longer use or near/already expired products. All donations will be sent to *Maraton Kebaikan*.

For any inquiries on how you can participate, please send an e-mail to [stara.pedro@jakland.co.id](mailto:stara.pedro@jakland.co.id).



Founded by Gloria Elsa Hutasoit in 2019, **Maraton Kebaikan** is a community which provides makeup courses for the disabled and those interested in makeup services for the deceased.

Yours trully,  
the community editor