

CLEARING THE MAKE-UP CLUTTER

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With the start of each New Year many people make resolutions that are too often forgotten on January 1st. However, I believe this is one resolution we can all keep in the New Year.

If you keep your make-up too long you are risking such things as eye infections and acne. You don't keep your food past the expiration date, so you owe it to yourself to also know when to get rid of that outdated make-up.

In order to know how long you have had your make-up you need to write a date on it with a sharpie when you open it. You will be surprised at how long you are hanging on to your make-up, once you start tracking it.

All of us have make-up that we have had for too long. Below is a guideline of the expiration dates for different products:

Mascara, eye liner and eye shadow – 3 months

Lipstick – 1 year

Foundation - 6 – 12 months

Blush – 2 years

If you are in doubt as to whether a product is still good, throw it out! Sometimes cosmetics will begin to look or smell weird, which means you've exceeded the shelf life of this product.

You can also decrease the risk of infection by never sharing your make-up with others and by using disposable applicators.

Information for this article was obtained from, "The Today Show."