

# **At-Home Facial 101**

National Webinar Transcript

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Presented by:



**SHARSHERET®**  
The Jewish Breast & Ovarian Cancer Community

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Jenna Fields:

Hello everyone, and welcome. We are excited to have you joining us today for At-Home Facial 101 with Beauty Bus. I'm Jenna Fields. I am the California regional director of Sharsheret. For those of you who don't know about Sharsheret, we are a national nonprofit. We help women and families facing breast and ovarian cancer, as well as those with increased genetic risk, with our free, confidential, and personalized support and resources just for you. We also provide health education throughout the country.

We have some amazing webinars coming up. Our one next week, Monday, is on the latest on vaccines, COVID and cancer with City of Hope, and my colleague is going to be putting the link to register for that in the chat. There's so much in the news around vaccines right now, so we're going to get the latest from the director of infectious disease at City of Hope. It's going to be an amazing webinar to attend. We're also doing a webinar the following week on a Monday around symptom management for anxiety and depression during and after cancer, another really important topic, and we hope you'll join us for that as well.

Before we begin the webinar, a few housekeeping items. Today's webinar is being recorded and will be posted on our website along with a transcript. But don't worry. Your faces will not be shown, nor your names, on that recording. If you would like to remain private, you can turn off your video ... it's very easy ... or rename yourself. Or you can call into this webinar, and instructions to do that are in the chat box. You'll notice that everybody is muted for this webinar. Please keep yourself on mute during the call. You can totally jump in and ask questions for Dana in the chat box. I'll be facilitating that chat box and asking Dana questions as we go. But again, please keep yourself muted.

I want to thank our sponsors for today's webinar, Beauty Bus, the Concern Foundation, Merck, and C-Gen. Thank you so much for making today possible. And really, thank you to our partners at Beauty Bus for sending the 50 makeup kits. I know many of you may have received or will be receiving one soon, one of our lucky registrants who signed up early. If you did not receive one of these amazing kits, don't worry. Sharsheret has our Best Face Forward kit that is still available to you. It's geared towards women who are facing the cosmetic impact of treatment, and it's stocked with lots of clean skincare products and makeup, lotions, and other resources to help you, including an eyebrow stencil for those of you who need assistance with your eyebrow. My colleague, Aimee, is putting the link for that to sign up for one in our chat box if you haven't already received one. It's totally free. Please sign up for one.

And then, of course, I need to share a medical disclaimer. Sharsheret is a national nonprofit cancer organization and education organization. We do not provide any medical advice or perform any medical procedures. The information provided today by Sharsheret is not a substitute for medical advice or treatment for specific medical conditions. You should not use this information to diagnose or treat a health problem. Always seek the advice of your physician or qualified healthcare provider with any questions you have regarding a medical condition.

With that said, it is now my pleasure to introduce Beauty Bus to you. Cathy Sleva at Beauty Bus is going to share a little bit more.

Cathy Sleva:

Thanks, Jenna. Hi. I'm Cathy Sleva, the executive director of Beauty Bus Foundation. I'm joined on the call today by a couple of other staff members. I'm going to introduce them real quick. Bonnie Kleiger, who is our managing director, and she coordinates all of these beauty breaks. And Wendy Levine, who is our founder, is also joining us today.

Wendy Levine:

Hi everyone.

Cathy Sleva:

So for those of you who may not be familiar with Beauty Bus, we are a nonprofit located in the Los Angeles area and we provide beauty and grooming services to people who are going through physical and/or mental health issues and their caregivers. We do this by providing manicures, facials like the one today, haircuts, and other grooming services. Typically, we are onsite, but obviously because of COVID, we are not able to do that right now, so we've started these beauty breaks to bring people together to enjoy our services through Zoom. If you were to see us in person, our signature event is called a Pop-Up Salon where we, again, provide manicures, facials, haircuts, lash extensions, glitter tattoos, all sorts of fun things to about 50 to 100 people during that pop-up event. So hopefully we will get back to doing those soon.

Without further ado, I want to introduce you to Dana Baze, who is our facialist for today. Dana is oncology certified and has been a Beauty Bus volunteer for many years, and I'm thrilled she's able to lead the session today. Dana, it's all yours.

Dana Baze:

Thank you, Cathy. I'm excited to be here with everybody today. I just wanted to tell you my story and why I am so passionate about being here with you guys today. About 10 years ago, my husband just kept getting sick. We weren't sure what was going on. After a year of testing, he did test positive for cancer. We moved everywhere we could for treatment. Unfortunately, his cancer was one that typically does not get caught until the very end, and I did end up losing him to pancreatic cancer. But what I saw during this process was how much self-care is important for the patient, for the caregivers, for everybody, and there really isn't any at the time. It's just this constant going to doctor's appointments and talking about medication and talking about the C-word. You just need to breathe sometimes, and so I'm really happy that you guys are all here taking time out for yourselves, whether you're going through treatment, have been through it, or are a caregiver. I'm proud of you for being here and for taking some time for yourself right now.

I decided after I lost my husband that I wanted to go into caring for others, and so I went back to school, became an esthetician, and then suddenly realized most estheticians do not know how to properly treat people going through treatment. So I went and got oncology trained, and now I also teach for Oncology Spa Solutions so that other estheticians know how to properly treat people going through treatment as well. So I hope today that I can share some great things with you. I hope you guys can get some relaxation and also have some fun.

Before we get started on the facial portion, if you guys have a piece of paper and pencil in front of you or just if you can count, what I want to do is just read you a list of self-care products, and I want you to tally up how many you use on a typical day. Give yourself a point for each of these. Shampoo, conditioner, any type of hairstyling product ... mousse, hairspray ... body lotion, shower gel, shaving cream, facial moisturizer, hand soap, hand sanitizer, anything you put on your lips ... lip balm, lip gloss, lipstick ... night cream, sunscreen ... which I hope you're all using ... eye cream, makeup remover, facial cleanser, toner, serum, deodorant, perfume, any type of foundation or blush, eye makeup, mouthwash, and toothpaste. I want you to add those all up.

All righty, so you've got about 24 products that I just listed, and I know I can't see everyone right now, but how many of you use 15 or more on a typical day? Yeah. Keep your hand up if you use 20 or more. So as you can see, a lot of you guys use a lot of stuff every single day. The reason I wanted to bring that to your attention is we really need to be cognizant of what we are putting in our bodies. Whether you're going through treatment or not, if you're using products that have toxins in them and you're using 20 of them a day, think about what you're putting into your body.

Dana Baze:

I would love to empower you with even just trying to switch one of those things to a natural product. There's a really great website called EWG, and you can actually put in the name of a product that you use and it's going to give you a rating. The best rating is a one. That's got the least amount of stuff in it. If you're putting your products in and they're all five and six, imagine how that adds up on a daily basis. I always like to start with toothpaste, when you're putting something right in your mouth and it's going right into your bloodstream. So just something to think about. I know we can't all go out and switch everything all at one time. That's not going to happen. But just give it some thought.

Today, I just want to go through some ways of caring for your skin. Again, whether you're going through treatment or not, these are all great tips. If you have stuff with you, I'd love for you to follow along. If not, you can watch me do it. I'm going to put my hair back here. And as I'm talking, I'm going to show you ... I went through the EWG website and I went just to Target, CVS. I went to some places where products are easily found and I'm going to show you what I found that had the best ratings that I could find out there.

I'm going to start with cleansing your face. We want to cleanse our face in the morning and at night. Even if you're inside all day, you can have things in the air, dirt, debris, anything that comes in through the air conditioning system. We want to get that off your face. We want to start with a clean slate in the morning and at night. So as far as a cleanser goes, I was able to find this Honest Beauty product, and it's their Gel-to-Milk Cleanser. What I like about it is you don't have to use much. With any cleanser, start it off by just using a bit, a dime size, and putting it on your face without water first, just kind of dabbing it around. And what you're going to do is just start working that into the skin. If you notice, with a lot of products, you don't need a lot of water because when you do that, you're just diluting the product. If it does feel a little sticky, just get a little bit of water on your hands and emulsify that and put it in.

A tip I like to share is keep that movement going up. When we get older, everything wants to fall down, so let's just try to keep it up. The other thing is, don't forget about your neck and your décolleté. We want to get all of that. Really work into it, just using a very soft, gentle touch. When you're rinsing your skin, we don't ever want to use really hot water. Just a tepid water is great, especially when you're going through treatment, because your skin can be a little more sensitized, and so just using just a nice room temperature water. And then again, I am always using that sweeping up motion. Now normally, I would take my eye makeup off, but I have work after so I'm keeping my face on here.

But as you can see, I've done all that washing, but ... I don't know if you can tell ... all that on there. So what I like to do is what we call a double cleanse. Do it again. Repeat it. Even if you don't see stuff coming off, all the toxins from the day still just in your skin, give yourself that double cleanse. Get everything off, really getting into all the nooks and crannies. And again, that sweeping up motion. And taking that off again. Much cleaner this time. All right.

After you do that, after you've removed all the dirt, the debris, a good thing to do is to bring your skin back up to the pH balance that your skin likes. A wonderful way to do that is by using a toner. I found these really cool witch hazel ... they almost look like makeup pads. It comes in a bottle sometimes that you can use with cotton, but what I like about these is if I travel or if I'm going somewhere, I'll keep them in my purse, so if I ever feel like I just need to freshen up, it's a nice way to do it. And again, I'm always doing the décolleté, the neck, doing that sweeping up motion. What I'm always surprised at is even after that double cleanse, I'm still getting more off. It's crazy. You think your skin's clean. It's not. This extra step is really, really nice. And what I like about the witch hazel, too, is it's got this really fresh scent and it just makes your skin kind of feel cool and glowy.

Jenna Fields:

Dana, what is the cloth that you're using that you used before with the cleanser that people can look for?

Dana Baze:

Oh, are you talking about what I was using to wash my face with?

Jenna Fields:

Mm-hmm (affirmative), before the witch hazel.

Dana Baze:

Oh, these are just ... they're called esthetics pads. They're just little cotton ... I just use these because they're disposable, but you can use a washcloth. I just have these so I can toss them when we're done.

Jenna Fields:

Great.

Dana Baze:

But if you want those, you can find them on Amazon. Like I said, esthetics pads is usually what they're called. So even after that, I'm still finding a lot coming off. Now, one thing that I will say, when you're going through treatment or you've just stopped going through treatment, something that you don't want to do is extra exfoliation. Your skin is very sensitized and you just don't want to just make it red and things like that. If you're past all that or you're a caregiver, the other thing I would say about using exfoliant is you don't want to use anything with seeds and shells. I know there's a lot of them out there that have walnut shells and things like that. While that might feel like, "Oh, I'm really getting in there, I'm getting this stuff off," what you're doing is you're creating microtears in the skin. You're not going to see them, but you can make these little tears which can cause infections and things like that. So using an exfoliator that doesn't have all that is much better. You're still getting the benefits of it.

And really, one of the most important things, too, is hydration. Through treatment, I'm sure most of you have noticed your skin just gets kind of dry and flaky and it just doesn't feel great all the time. There's a lot of things that you can do, but one thing that I love using is hyaluronic acid. I know when you hear the word "acid" you think, "That's going to hurt." No. We have this in our skin. Our body already makes this, but just life depletes that from you. So what this is is it's very, very hydrating, it's very, very soothing. So using something like a hyaluronic acid, again, making sure that you check on the EWG website to make sure that it's a clean, safe hyaluronic acid for you. A little goes a long way. I just put a little bit ... dab. You can just dab it, and again, just bring it up. And when you use any type of moisturizer, hyaluronic acid, anything like this, the best thing to do is to let it sit about five minutes before you add anything else on.

My next step would maybe be using a different moisturizer on top if I'm feeling really dry. But if you put one on and then you don't wait, what you're doing is you're breaking down the product. Let it soak in. Let it do its thing. And if your skin doesn't like this motion, if you're really sensitive, just patting it in, giving it that little extra boost. And with the hyaluronic acid, you really aren't using much. It's more of a treatment-type product. So if your skin is still feeling really dry, it's great to follow up with a facial moisturizer. Another one that I found ... I think they have it at CVS, Walmart, and Target ... it's Physician's Formula Organic Wear, and this is their Bright Booster Oil Elixir. I'll hold it up. I don't know if you can see it very well. But this is super hydrating. The nice part about this, it's an oil so it's a little bit more moisturizing. Just because it's an oil doesn't mean you're going to break out. It's actually very, very light and it has a little dropper. Again, just applying this in dots and then putting that in.

Jenna Fields:

Dana, what brand of ... I'm going to say it wrong ... hyaluronic acid do you recommend?

Dana Baze:

Well, a very clean product that I can recommend is made by O Skin Love, and you can find this online only. It's at [oncologyspasolutions.com](http://oncologyspasolutions.com). They have an entire line of esthetic products for people going through treatment, and it's all clean. It's very safe. The awesome thing that I love about it is the founder is a breast cancer survivor, and when she was going through treatment, she couldn't find anything that didn't bother her skin. So it's been her mission in life to train other estheticians and to create a product line for people. So you can go on there and find cleansers and all sorts of beautiful products, but their hyaluronic is very, very clean.

Jenna Fields:

Great. And for people asking about other product recommendations you're making, we've shared the list in the chat again of all the products you shared in advance.

Dana Baze:

Awesome. Perfect. At night sometimes, I like to just kind of chill out, bring it down a minute, and I have these two fun little tools that when after I put on my moisturizer, what these do is ... Not only do they feel amazing, but they help to penetrate the product in. This one right here is a gem roller. This one I have right here is rose quartz. I love it because it represents love, so that's always a good thing to represent. And what you're going to do is you're going to take it, and again, you're going to always go in that upward motion. This is penetrating the product into your skin, but it's also helping to lift and tighten, which is lovely. We can all use some of that. And honestly, when I'm in front of the TV sometimes, I'll just do this. It's a little chilly, too, which is nice. You can put them in the freezer if you're having a hot day, and just really get that in there.

Now, the best thing you can do with this is show someone else at your house how to use this and then you lay down and have them do it to you and you can take a nap. That's what I like to do the most. And then it's got another little end and you can use this right under your eyes. You don't want to touch your eyes, but you've got very thin skin under here, so you want to just be super gentle. But what's nice about this, too, is that it kind of de-puffs this area and it really lets those serums soak in. And again, just that upward motion. You may see that your skin gets a little bit rosy when you use this, and that's totally normal. It's just getting all your blood flowing. With the gem rollers, just make sure that when you clean these, you just do soap and water. Don't ever use any alcohol, sanitizers, anything like that, because what happens is that will actually break the gemstone down and then it's porous and you basically kind of ruin it. So just be careful with the way you wash it.

Another little tool that I love ... This is called the Kansa wand. This has five different metals in it, and this has actually been around for hundreds of years. It's super soothing. Again, it's going to help penetrate the product and it's going to help to lift and tighten, and it can also ... if you're using it on a regular basis ... can actually help build collagen and elastin, which is awesome. Because we lose that over time. And just really giving that just a gentle circular motion. This is one of the things I would say when I'm doing to my clients, this is what they love the most. They fall asleep. You can give it that gentle upsweep, too.

Now, if you are using this Kansa wand and you are going through treatment, you could possibly see a little bit of almost a brown color come out that wipes off. That's sometimes just the toxins in your skin. You don't want to use this too often if you're going through treatment, but once a week is good because you can overuse it. You can overstimulate your skin, which you don't want to do. And even on the chest area, going up. These are awesome. The thing, too, is to make sure that it's an authentic Kansa wand with those five metals, because there are imitations on the market that are basically plastic. First of all, they don't work. They're not doing what they're supposed to do, and the top fall off and it's just a mess. With these, too, when you're washing them, just soap and water because you don't want to break down

the metals in that either. Again, that's a Kansa wand and then a gemstone roller. Both of these you can find online. Jade rollers you can typically find in the stores. Kansa wands I've never seen in a store myself, so online would be there.

Dana Baze:

Then also, another great way to hydrate your skin is by using a facial mask. There's lots of different types. There's sheet masks, there's gel masks. But again, I wanted to look for some products that were in the healthier region for us, so I did find ... These were all from drugstores. This is called Miss Spa. That's a hydrating facial sheet. These are the type ... I'm not going to open it, just because that way I'm not going to waste it on there. But typically when you pull them out, there's two different pieces. One is the mask and one is just a backing. I put the mask on my face. That'll normally be the thicker one that kind of feels more gel-like. I'll put that on my face, and then I take that other piece and I put it on my neck. Because it still has all that good serum on it, so why waste it? And then if you can leave it on your face for 25, 30 minutes, watch TV, forget it's there, let it soak in, let it do its thing. And at the bottom of the package, typically there's a lot of extra serum in there. I'll take that, I'll rub it on my arms. Hydrate everything while you're there.

Another couple that I found that are nice ... There's the Simple Water Boost. It's another hydrating mask that's great to use. And then also, the Hydrating Water Sheet from e.l.f. I know this one's kind of hard to see. But again, a lot of these, they'll have hyaluronic acid in those too, so it's really, really hydrating, really soothing. Sheet masks and gel masks are great to use once a week, just to get that extra hydration. Let it sit, let it penetrate. Do not rinse your face when you're done if it's a sheet mask. You can let all of that soak in. The ones that come in the bottles, typically those kind of masks you are going to rinse off because they're thick. They don't just soak into your skin.

The most important step of skincare ever is sun protection. That is the most important thing, even if you're inside all day. If your window's open, you're still getting sun in. Avoiding the sunspots that we're all going to get later in life, and just it helps from wrinkles. It's the best anti-aging thing you could possibly do. I found a couple, too, at the drugstore. This one's called All Good. This one's more ... it's called a Butter Stick, so as you can see there, it almost looks like a deodorant and you can really just apply that and just kind of rub it in. As you can see, it gives you some hydration, but it's not greasy. You can barely tell the difference between this side and this side. So that's a great product to use.

They also have one in a tinted form, so that's the Tinted Butter. And what I like about this is if you're just running outside but you want a little bit of coverage, you actually have a slight amount of color in there. I have dark circles under my eyes, and just kind of putting that on ... I don't know if you can see the difference. I know it's hard on camera. But it really just gives you a little bit of coverage, but then you also have that protection from the sun. With-

Jenna Fields:

Dana, can I jump in with a few questions that are coming in?

Dana Baze:

Yes, absolutely.

Jenna Fields:

What's the best SPF?

Dana Baze:

As far as product, or ...

Jenna Fields:

For sunscreen during the day. What SPF levels would you recommend?

Dana Baze:

SPF, honestly, up to 50. Once it goes over 50 it really is not FDA approved that there's anything over 50, even though some will say 75. So it's really about the cleanliness of the product. You always want to go with at least a 30 to a 50, but beyond 50, like I said, it really doesn't matter. It doesn't do anything different. 5 and 15 really isn't going to do much for you.

Jenna Fields:

Okay. A few questions that came up ... Any recommendations for chemo rash as you're going through this, and the products you're using?

Dana Baze:

Yes. Absolutely. There's two that I can recommend. They're both by the O Skin Love, which was the Oncology Spa products I talked about. This one is called Loving Oil. You can add that on a rash. Now, I'm going to preface that by saying always check with your doctor first to make sure that that's what you think it is, that it is chemo rash, and that they will say that you can put something on it. Always check with your doctor first.

But probably one of the most beneficial products is called tamanu oil. That can be used ... again, if you talk to your doctor ... on sores, on radiation burn, things like that. But you do not want to use anything if you have open skin. If anything's open or it's bled, never ever ever put anything on without checking with your doctor. The tamanu oil is extremely healing. It is very, very, very concentrated, so it's more like ... Just say you had something on your face or your arm. You would just put a little bit and dab it on twice a day. It definitely has a very earthy scent, so if you did order something and you go, "Well, that's got quite a bit of smell," that is the natural smell that tamanu oil has. But it's a very, very good product for any of the things that you just talked about.

Jenna Fields:

Great. And a few other questions just about other procedures. Microneedling or infrared light, is that worthwhile?

Dana Baze:

If you're going through treatment, neither of those you want to do. That's just way too much for your skin. Microneedling, what's happening is you're actually putting little needles into your face. I've done it, so ... But what it's doing, it's making little micro holes, and typically, they're putting in some sort of serum or growth hormone or something to help your skin grow elastin and collagen. But definitely if you're going through treatment or have gone through treatment, you want to wait at least a year and you want to wait until your doctor has released you to do any type of services like that.

Dana Baze:

Kind of backtracking is facials in general. When you are going through treatment, you want to absolutely make sure the person is oncology certified. There's a lot of things that a traditional esthetician will do that is not okay for your treatment right now, and you'll never want to do any type of skin ... going to see someone if you're in nadir, which is typically 4 to 10 days after your chemo. That's when your white blood cells are the lowest in count, so you don't want to be ... A lot of times, they'll tell you just to stay home and just stay in your bubble. We don't want to be around any germs. But especially in that time, you don't want to be out having someone rubbing your skin. Also, massage and things like that, not a great idea, moving the lymph around and things like that. And I'm not trying to put other estheticians down, I'm not, but if they're not oncology trained, they're going to do the traditional facial, which could be harmful.



Jenna Fields:

Is there a central directory where people can find oncologically-trained skincare people?

Dana Baze:

On Facebook, there's an Oncology Spa Solutions page. You can go in there and request. Either that ... you guys can always contact me, tell me where you are, and I am happy to try to find someone near you.

Jenna Fields:

Okay. We'll make sure to provide your contact information. That's really lovely, Dana. And any products for a surgery incision area for soreness three months after surgery?

Dana Baze:

Not really, and I'm saying that because you don't want to put anything on an opened wound. Once it's healed a bit, the tamanu oil's going to be great for that. It can help with pain as well. Calendula oil as well as tamanu, and just, again, making sure those are pure products, but never on an open wound.

Jenna Fields:

And one last question, then I'll throw it back to you. Personal Microderm, PMD, to exfoliate. Would you recommend that?

Dana Baze:

Again, not if you're going through treatment or it's been a year. That can be very abrasive for your skin. So just we want to be very gentle. When you've gone through all that, your skin has gone through it with you so just be gentle and healing.

Jenna Fields:

All right. I know more questions are coming in. I'm going to let you keep going, and then I'll jump in again in a bit.

Dana Baze:

Okay, awesome. The last thing I was going to follow up with skincare is lip care. You get dry no matter where you're at. This EOS, they now have a 100% natural organic line, which I love. I would definitely look for the organic one, because they have a different line. And honestly, what I was surprised at is it's a lot more pure and the price was exactly the same as the one that had some of the toxic stuff in it. So again, looking for that would be my best recommendation.

I'm going to do some more things with you, but if you guys have any more questions regarding skincare products, let me know. I can always answer them later, too.

Jenna Fields:

Why don't you keep going? Because I know we want to make sure we have time for everything.

Dana Baze:

You got it. All right. This is one of my favorite things to do, and it's goofy and it's silly, and I hope you will all participate because I hope it makes you laugh. But it's called facial yoga, and facial yoga, what it does, it's going to help us tighten the muscles in our face and keeping everything up and lifted. The first thing you are going to do ... We're going to do the smiling fish face. So you're going to suck in ... and you guys keep sucking while I do this, but do you feel that pull through here? And you feel the pull through here? So you're going to do it, hold it for five seconds, let it out. And you're going to repeat that 10 times. You can do this while you're watching TV, while you're driving in the car. I do it while I'm driving in the car. I've seen people laughing at me. I really don't care because my cheekbones are staying high. All right, you guys have probably done your 10 while I'm been yammering.

Dana Baze:

Then there is the lion face. Now, I have done this one in the car and I think people thought I was crazy. Again, whatever. But you're going to go ... and you're going to feel it through here again. You're going to feel the muscles. But you know what else? It feels good. It kind of feels like ... Get it all out. Get the day out. Get the stress out ... And yes, I look super nerdy and I don't care ... Just keep doing it. You know what? Do that one until you feel good and you feel relaxed. Because honestly, when I do it, I kind of feel my stress level go down. Sometimes I pretend I'm doing that to something or somebody. I don't know. It helps me. It might help you. So just keep doing that lion face. And you can just hold it there and stretch it and just keep feeling the stretches. And as you do it more, you'll even feel it up in your forehead and in your eye area, stretching and stretching and holding that. So the more you do this stuff, the stronger your face muscles are going to be and the higher the face is going to stay. The next one is called the baby bird, and what we're going to feel here is really this neck area. If you've ever seen a baby bird when its mom comes to the cage, they turn their head up and they're looking toward the mama. So really feel that good neck stretch through here and hold that. Hold that for 10 seconds, get that stretch going. You're going to feel it on both sides and you're also getting that gentle stretch in your back. You can come back to neutral when you're feeling like that was enough stretching and get your baby bird food on the other side. And we'll repeat that a few times. Let's get that tension out of your neck. Awesome. Then come back to center.

Now let's work on our lips. Let's work on that area where we get all that dry from using straws, which I do, and you get all the lines up here. It's called bumblebees, and basically, this is like being a one year old and doing your raspberries. You're going to make a bumble noise ... While you're doing that, feel how the muscles here, you can feel the tension in them, you're building them ... You're doing some kind of deep breathing with that, too ...

And then, working on the eye area. It's the surprise me. So what do you do if you're scared or you're surprised? "Uh oh, I'm scared. Surprise." And keep it up there, and you feel everything lifted. Hold that as long as you can. Feel everything lifting. And when you don't feel like you want to hold it again, relax for a minute, do it again. Bringing it up.

And then the last one we're going to do, it's the puppet face. So you're going to put your hands right here and you're going to lift and you're going to smile and you're going to kind of go up and down about 20 times, but you're going to use the resistance. You can feel it even stretching that muscle even more. And again, repeat this. You can't really overdo facial aerobics. You can do all you want. You can lion face all the time. But if you do a little bit of this every day ... Honestly, I've seen a change in my skin just from doing it about once a week. I should be doing it twice a week. But it's just a fun way to get in there.

And I apologize. Jenna did ask me about red light therapy and I did not answer that question. There are some amazing red light therapies out there. The only one that is FDA approved is LightStim. I can get you information on that. Again, while going through chemo, it is not recommended to use anything like that until at least six months after. They actually sell a handheld version that you can have at home. I have a huge panel for clients, but that's probably not something you'd have at home. But it's a little product that you can hold up to your skin. I can actually go run and grab it before we end today so that you can see it. That is going to help with product penetration, it helps with fine lines, and it helps with building collagen.

Jenna Fields:

Is there an exercise, Dana, for neck droop?

Dana Baze:

That's kind of the baby bird. It's really just this neck stretching. Also, with the neck, using the gem roller in just that upward motion. And with the gem roller, just always put on something to moisturize yourself because you're going to be working that in, too, but this doesn't feel super great on really dry skin.

Jenna Fields:

Any of this cause wrinkles on the forehead, like surprise face? Or no?

Dana Baze:

I mean, if you're doing them all the time and you're squinting. But it's just getting a little bit in there and stretching is good, building the muscle. Because what happens with wrinkles a lot of times is that your muscles are breaking down. But also like me, I'm Eastern European, I have thin skin, so I'm prone to that, and just doing some of these things can help. Any other questions?

Jenna Fields:

Oh, we've got lots of questions.

Dana Baze:

Go for it.

Jenna Fields:

Okay. This came up a lot, surgery scars or radiation scars. At what point can you start using products for them, and any product recommendations for that.

Dana Baze:

The product recommendation again would be the tamanu oil, and that is ... You want to wait at least two to three months after it's completely healed, never open.

Jenna Fields:

And what brand specifically for tamanu oil do you recommend?

Dana Baze:

I recommend the O Skin Love.

Jenna Fields:

Oh, the O Skin Love, yeah.

Dana Baze:

That's at the [oncologyspasolutions.com](http://oncologyspasolutions.com). Because it is pure. It's actually really hard to find pure tamanu oil. I don't know why, but a lot of companies put a lot of additives in there, which they just don't need to. Pure tamanu oil is wonderful for scarring and radiation burn and things like that.

Jenna Fields:

Okay. I'm going to go through both the questions that are being put in the chat as well as questions submitted in advance. Any questions that Dana doesn't get to, she has offered to respond afterward so we'll send a followup for anything that we miss. Can you talk a little bit about dry, itchy skin and what products would be best for that?

Dana Baze:

Absolutely. Hyaluronic acid is one of the best things that you can use because your body produces that anyway. It's a very natural thing to be putting back into your skin. If you're having really dry and itchy skin and you need to reapply it four times a day, that's fine. It's really a very hydrating serum to use. You

can also ... if you just want something a little more on top of that, using a facial moisturizer or a facial oil on top of that is a great thing to do as well.

Jenna Fields:

And even for your hands and other parts of the body?

Dana Baze:

Absolutely. Yep.

Jenna Fields:

For someone who's starting hormone therapy, are there things that they can expect in terms of their skin changing, and what would those things be?

Dana Baze:

A lot of times, the dryness is going to be probably the number one thing. Occasionally, brown spots can appear through that, but honestly, that's just something that happens during it, and just keeping yourself hydrated. When you're done with treatment, the red light therapy is great for that. That can help to reduce that after you're done. But it's not something you can deal with at the present time. You just have to be patient with that one.

Jenna Fields:

Got it, got it. We had a lot of questions about skincare treatments depending on your age. Everything you shared here today, are there alterations you would make depending on whether you were younger or older, or in menopause, not in menopause?

Dana Baze:

No, not really, because what I'm talking about is clean product, things that are healthy for you. I would say if you're advancing in age, more moisture. So maybe doing a double application, starting with the oil, letting that soak in, topping that off with a moisture cream. If you're younger, you can use one or the other. You may not need both, unless you just tend to have dry skin.

Jenna Fields:

Got it. So many questions. For someone who maybe is doing any sort of facial hair removal, eyebrows or anything like that post treatment, is there any sensitivity or skin products you would recommend that are best for that?

Dana Baze:

Absolutely. During treatment and within the first year, you really don't want to do any type of waxing or anything like that because your skin is very delicate at that point and you can actually rip your skin. The best thing that I could recommend ... they sell them at CVS and things ... I wish I had it in front of me. It's a little gold hair removal, and basically, it's got a little light. I'll try to find it on Amazon while we're talking. And you use it right on your skin, and that removes the hair without pulling it and without tearing your skin. You may have to do that daily because it's not actually taking the hair out of the root, but you just want to be really careful and cautious. Waxing, definitely not.

Jenna Fields:

Some great questions about scalp care. What's the best thing to do when you're in chemotherapy for any sort of scalp care, and then afterward?

Dana Baze:

I'm going to get back to you on that one because there are some products that are oncology approved. There's some shampoos, conditioners, and treatments. I will get you that information because top of head, I'm not remembering the name. I apologize. And I'm going to write that down to get it for you.

Jenna Fields:

No worries. And then on the haircare, for people who are using any hair coloring or bleaching products, someone who's undergone chemo or radiation, are there products that you would recommend them that are safest?

Dana Baze:

Bleaching, I wouldn't do any type of bleaching while going through chemo because bleach can really work havoc on your skin. Basically, think of your scalp as your face. You're not going to want to put bleach on it or wax on it or anything like that that's going to harm you. I believe there are a couple of brands with the hair color, which I will get for you as well, more of a henna type thing. But just being careful, not using any of the real harsh products right now.

Jenna Fields:

Even bleach after treatment, or ...

Dana Baze:

You'd want to wait at least a year, and just wait until your skin is actually feeling like its old self again.

Jenna Fields:

Yeah, yeah. And what about oily skin? I know we talked a lot about dry skin. Any recommendations?

Dana Baze:

With oily skin or combination skin, you probably want to avoid the oils more. I did talk about a couple of different moisturizing oils. If you are oily, go more in for a facial moisturizer so it's more of a cream base.

Jenna Fields:

And a very ambitious caller has asked about DIY skincare. Best fruits and veggies if you want to make your own moisturizing mask.

Dana Baze:

Avocado. The best.

Jenna Fields:

You just mash it up and put it on?

Dana Baze:

Mash it up and put it on and let it sit. They've got all the nice nutrients in the oils. I would want to eat it, but it's ...

Jenna Fields:

Just kind of lick it as you're going.

Dana Baze:

And then coconut oil can be great, too. Again, with the coconut oil, just making sure that it is a pure coconut oil. There are coconut oils out there with a lot of additives. You don't want to do that. But the

cooking coconut oil that comes in a jar and it looks solid, if you take that and just sort of emulsify it, pat it on, use that as a mask, is wonderful, too.

Jenna Fields:

Okay. And haircare due to extended endocrine therapy. Some of the good shampoos haven't been working. Are there any recommended shampoos?

Dana Baze:

Yeah. All the hair stuff ... I'm going to get you a conditioner, a shampoo, and a treatment and some hair color recommendations.

Jenna Fields:

Amazing. Thank you, Dana. I know we're putting you to work even after the webinar.

Dana Baze:

That's okay. I love it.

Jenna Fields:

And then I think that you got through a lot of these questions. One of the things that I really appreciate that kept coming up as well is every day, over the counter, CVS works just as well, and you did a great job of including that in your product recommendations.

Dana Baze:

Thank you.

Jenna Fields:

A question about gem rollers. What's the difference between quartz and jade? Why do you recommend quartz so much?

Dana Baze:

Really doesn't matter, as long as it's a pure gemstone. I just like the pink one. I love pink. But the different gems aren't going to really do anything different, so ... One thing I ... Thank you, Bonnie. She just let me know. The little hair removal is called the Flawless hair removal. It's a little gold ... Typically, you put a little battery in it, and that's the hair removal that I recommend. You can use that around the eyebrow area, lip, face, anything.

Jenna Fields:

We did get some questions about makeup. I'm going to refer back to our Sephora webinar that people can find, and maybe Aimee can even find that and put it in the chat. Making Aimee work really hard in the chat, too, today. So you all can watch that. What can help with hand-foot syndrome while taking ... Oh, I can't pronounce, I'm so sorry ... [trabectedin 00:50:42]? [crosstalk 00:50:42]

Dana Baze:

Again, checking with your doctor first, because sometimes that actually is medication or treatment coming out and just your body getting rid of extra. If they allow you to put something on it, that's where I'd bring in that tamanu or calendula oil again.

Jenna Fields:

Okay, great. And in terms of melasma or dark spots, what do you recommend for natural looking coverage?

Dana Baze:

Well, because I do have some of that myself, and what I do is once I've moisturized and sunscreensed and all that good stuff is I'll actually use my under eye concealer and I'll dot that where I have the dark spots. Let it kind of set dry a little bit, and then I put my foundation over it, and that typically helps to cover it up quite a bit. Then you can also just, again, after you put that on, you can just kind of spot touch with the under eye concealer again on those areas.

Jenna Fields:

Okay. And what about treatments like NuFACE or UFO BEAR for facial muscles? Do you recommend [crosstalk 00:51:47]

Dana Baze:

They're awesome. I have one ... Whoa, oh, I think mine fell. I do have the Nu Skin right here but it fell. It's great after you're through all your therapies, again, waiting at least a year. Basically, what it's doing is it has little electric pulses. I really wish I could find ... Oh wait, hang on. I'm sorry, I'm going to get right up in you here. Here it is. There we go. You always use kind of a ... there's a gel that they have that goes along with it, because if you use this on dry skin, it's going to shock you because there actually is pulsations going through here. And it's really kind of going up through here. Nu Skin actually has their own app on the phone, so if you say, "This is my issue, my problem area," you can set the little tutorial and it shows you exactly what to do and when to stop. But again, not using anything like this while you're in treatment.

Jenna Fields:

Great. And last question. Cover up for eye bags.

Dana Baze:

Well, I can tell you one thing that's ... If you put green tea bags ... get them wet, put them in the refrigerator, and put those underneath and let them sit for about 10 minutes, that's going to help de-puff. Then you can just really use any of your safe eye concealers that you normally use, but just de-puffing is one of the main things.

Jenna Fields:

Great. This was just ... Dana, thank you so much.

Dana Baze:

Thank you.

Jenna Fields:

I'm going to be doing fishy face all afternoon.

Dana Baze:

Awesome. Love it.

Jenna Fields:

We just want to thank everyone for joining. Please take a moment to fill out our evaluation. They really help inform our programming in the future, and we hope to work with Beauty Bus again so we'd love for you to share what topics you might be interested in through this through our evaluation. Please stay connected with us. Again, we offer free support by phone and email for you, so if you need any psychological support while you're going through treatment, or maybe you're a caregiver and you want to talk with someone, please don't hesitate to reach out to us. You can also sign up for our Best Face Forward kit if you were not one of the lucky people who got a Beauty Bus gift bag from this webinar today.

Jenna Fields:

Our next two webinars coming up ... one is on the latest with vaccines with an infectious disease specialist at City of Hope, and then a program on anxiety and depression and how to manage that during cancer and afterward. Again, thank you so much. Thank you to Beauty Bus, Concern Foundation, our sponsor, Merck, and C-Gen. We so appreciate you for making this webinar possible today. And yes, we will send you all of the product recommendations. So many. Give us a few days if you don't hear from us. We're going to try and pull everything together so we can get you a really complete list, and we look forward to seeing you again next Monday.

Dana Baze:

Thank you guys.

Jenna Fields:

Thank you everybody.

## About Sharsheret

Sharsheret, Hebrew for “chain”, is a national non-profit organization, improves the lives of Jewish women and families living with or at increased genetic risk for breast or ovarian cancer through personalized support and saves lives through educational outreach.

With four offices (California, Florida, Illinois, and New Jersey), Sharsheret serves 150,000 women, families, health care professionals, community leaders, and students, in all 50 states. Sharsheret creates a safe community for women facing breast cancer and ovarian cancer and their families at every stage of life and at every stage of cancer - from before diagnosis, during treatment and into the survivorship years. While our expertise is focused on young women and Jewish families, more than 15% of those we serve are not Jewish. All Sharsheret programs serve all women and men.

As a premier organization for psychosocial support, Sharsheret’s Executive Director chairs the Federal Advisory Committee on Breast Cancer in Young Women, Sharsheret works closely with the Centers for Disease Control and Prevention (CDC), and participates in psychosocial research studies and evaluations with major cancer centers, including Georgetown University Lombardi Comprehensive Cancer Center. Sharsheret is accredited by the Better Business Bureau and has earned a 4-star rating from Charity Navigator for four consecutive years.

Sharsheret offers the following national programs:

### The Link Program

- Peer Support Network, connecting women newly diagnosed or at high risk of developing breast cancer one-on-one with others who share similar diagnoses and experiences
- Embrace™, supporting women living with advanced breast cancer • Genetics for Life®, addressing hereditary breast and ovarian cancer
- Thriving Again®, providing individualized support, education, and survivorship plans for young breast cancer survivors • Busy Box®, for young parents facing breast cancer
- Best Face Forward®, addressing the cosmetic side effects of treatment
- Family Focus®, providing resources and support for caregivers and family members
- Ovarian Cancer Program, tailored resources and support for young Jewish women and families facing ovarian cancer • Sharsheret Supports™, developing local support groups and programs



### Education and Outreach Programs

- Health Care Symposia, on issues unique to younger women facing breast cancer
- Sharsheret on Campus, outreach and education to students on campus
- Sharsheret Educational Resource Booklet Series, culturally-relevant publications for Jewish women and their families and healthcare Professionals

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