

Clean lenses equal healthy eyes.



10-step lens care

Too wiped out at the end of the day to clean your contact lenses? Most people don't clean them properly, says Dr. Gina Sorbara, head of the Contact Lens Clinic at the University of Waterloo (UW). Problem is, you could end up with irritated eyes, infections or even vision loss. Proper lens care isn't the complicated chemistry project it used to be, says Dr. Kathy Dumbleton of the Centre for Contact Lens Research at UW. Today's cleaning solutions are gentler, and

one-step formulas eliminate extra cleaning. Follow these tips for healthy eyes:

1. Use oil-free eye makeup and remover to prevent filmy lenses.
2. Look up from your work periodically and blink often.
3. Always wash your hands before handling your contact lenses.
4. Check the expiry date on your lens-cleaning solution.
5. Rinse both sides of your lenses in your palm with plenty of solution, rub

them to get rid of protein and oils, and soak them as long as directed.

6. Don't use water or saliva on lenses.
7. Always use new solution in your lens case.
8. Treat coloured and special effects lenses the same as regular ones.
9. Rinse your lens case with solution. Empty the case and air-dry daily, then replace it every one to three months.
10. Never share your contact lenses.

SUZANNE ALYSSA ANDREW

**DISCOVER
PASSION AVENUE
CHRISTMAS 2003**

WIN one OF 68 PASSION AVENUES!
Body care and ambience product packages worth a total of \$223 each!
Entry coupon available in all Fruits & Passion boutiques across Canada
or by logging on to www.fruits-passion.com.

Contest ends December 18, 2003. Details and contest rules available in-store and on our Web site.

Fruits & Passion
68 boutiques across Canada
www.fruits-passion.com
1 800 276-9952