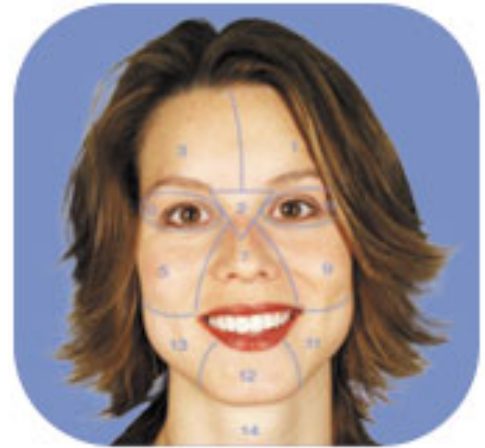


Facial Skin Care 101



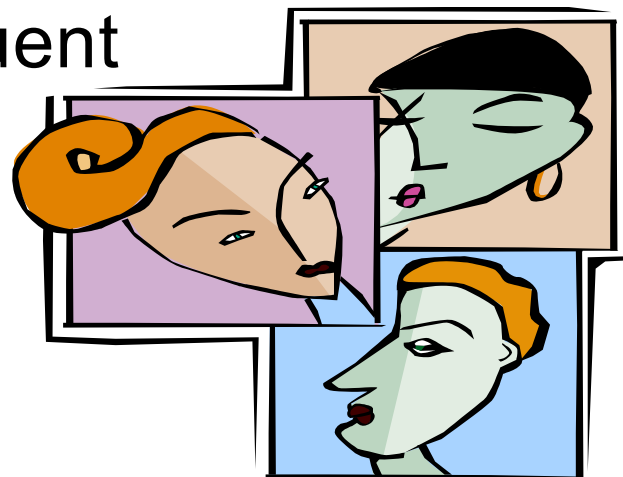
Know your skin type

- ***Normal*** - Skin is velvety, with small pores, and no visible acne.
- ***Oily*** - Skin has enlarged pores with shiny patches. Frequent breakouts may occur on the face, back, arms, and possibly the chest.



**Determine Your
Skin Type and
Pick
Appropriate
Products**

- *Dry* - Skin has very small, invisible pores with possible dry and itchy patches. The cheeks, arms, legs, chest, and belly may be particularly dry.
- *Combination*- Skin is dry across the cheeks and oily on the forehead, chin, and nose.
- *Sensitive*- Skin is either oily or dry with irritated and itchy patches. Skin may also be blotchy and reddened with frequent breakouts.



Cleansing



Choose a facial cleansing agent in cream, water-based emulsion, lotion, or gel form that's formulated for your particular skin type.

Drier skin - choose cream or lotion products

Oilier skin - use gel or water-based products

Prone to breakouts - use medicated soaps or lotions designed to reduce breakouts.

First, splash your face with warm water to open the pores. Apply your cleansing product to the skin in gentle upward strokes (to avoid stretching the skin and aggravating wrinkles), rinsing thoroughly with warm water for several minutes. Finish with a splash or two of cold water to close the pores.





Toning

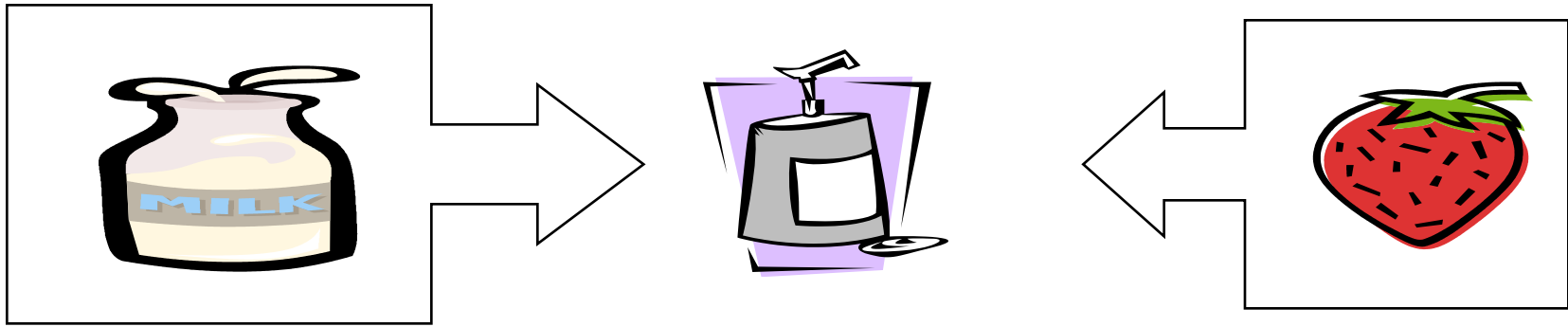


- Follow-up your cleansing routine with a facial toner, which removes any residual greasiness still left on the skin from your make-up or your cleansing product. It also closes the pores, stimulates circulation, and gives the skin a porcelain-like quality.
- Apply the toner with a cotton ball, using the same gentle, upward strokes that you used to apply your cleanser.



Moisterizing

All skin types, even oily skin, need a moisturizer everyday. But like toners and cleansers, there are different types of moisturizers for different types of skin. If you have dry skin you should choose a moisturizer containing oil (such as petrolatum); if you have oily skin you should choose water-based creams and oil-free formulations.

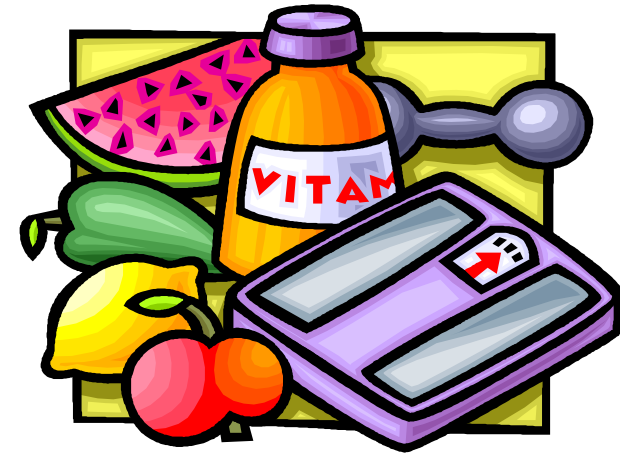


Many moisturizing creams contain alpha-hydroxy acids (AHAs), which are fruit- and milk-based acids that help to remove the dull layer of surface skin and expose fresh skin below. AHAs can reduce the appearance of pores and fine wrinkles. If you have sensitive skin, you may wish to avoid these products since they can cause breakouts

Protection

The most important step you can take to protect your skin is to apply a sunscreen everyday. Use at least an SPF 10 to your face and exposed areas of your body whenever you are going to be out in the sun. Many moisturizers contain SPF 10-15 sunscreen, or you may wish apply a separate product that is specifically a sunscreen with a higher SPF level.

Feeding the skin



A critical step required to get healthy and glowing skin is to eat a balanced diet containing plenty of Vitamins A, C, D and E. Vitamins C and E help to prevent skin damage from free radicals which can cause visible lines and wrinkles.

Sleep and Exercise

It's also important that you get enough sleep daily -- 8 hours or so -- and find at least a little time to exercise. Improving circulation improves the complexion; just a 20 minute walk daily can keep skin luminous.

