

Face Facts

Achieving A Clear Complexion

(NAPSA)—According to the American Academy of Dermatology, a significant number of adults continue to be plagued by acne well beyond their teenage years. The good news is that a clear complexion can be achieved at any age with just a few simple tips.

The journey to a clear skin begins with the hands. Avoid touching your face to help prevent spreading bacteria and clogging pores and always wash your hands before washing your face with warm water and an oil-free cleanser.

Look for a cleanser formulated with salicylic acid, says dermatologist Jessica Wu, M.D., to help fight and prevent blemishes and also one with moisture-rich soy to help even skin tone and texture, such as the Aveeno Clear Complexion Cream Cleanser.

The cleanser, which is formulated for everyday use, contains round microbeads to gently exfoliate skin, salicylic acid to lift away dirt, oil and impurities, and moisturizers to combat dryness and leave skin soft and smooth.

After cleansing but before moisturizing, dab a spot treatment that contains salicylic acid or benzoyl peroxide on affected areas, which works on contact to help eliminate existing blemishes.

Apply a lightweight moisturizer with an SPF of 30 or higher. When skin is dry it is more prone



To cope with problem skin, look for a cleanser with salicylic acid. Moisture-rich soy is another important ingredient as it can help even skin tone and texture.

to breakouts because it causes an overproduction of oil, which can clog and inflame pores.

To help prevent future breakouts, stick with oil-free, noncomedogenic cosmetics and sunscreens and always remove makeup before bed.

Drink at least eight glasses of water a day to keep skin hydrated. For more tips, see AAD.org and www.aveeno.com.