

Skin Essentials

Secrets To Simple Yet Sophisticated Skin Care

(NAPSA)—How well you know the skin you're in is critical to helping it become as lovely and luminous as possible.

The three most important aspects of good skin care are:

- Consistency—establish a daily routine and stick to it;
- Appropriateness—apply products that are suited to your complexion; and
- Quality—use a line that combines natural ingredients with cutting-edge technology.

Three other steps to take to save your skin are:

1. Moisturize from the inside out. Drink plenty of water.

2. Exercise to keep the muscles beneath your skin toned and to increase blood flow to the skin.

3. Stay out of the sun. Wear a sunscreen of at least SPF 15 whenever you go out, whatever the weather. On sunny days, add a hat.

Skin may be normal, dry, oily, sensitive or a combination. One way to learn about yours is to attend a skin care beauty products party. At the ones featuring Jafra products, a personal consultant will help you pick the right system that combines natural ingredients with cutting-edge technology to suit your skin care needs.

That company has unveiled Jafra Dynamics, an innovative facial skin care line that combines essences of nature—botanicals, vitamins and exclusive Ayurvedic herbal blends—with daytime moisturizers that feature INTELLISHIELD®, a technological breakthrough that behaves as a second skin, helping to minimize the



To save your skin from the effects of time and climate, follow a simple three-step routine: cleanse, tone and moisturize.

damage caused by environmental aggressors before they reach the skin.

The four individualized systems are:

1. Balance Dynamics, made to restore the balance of moisture and oil in normal skin.

2. Hydration Dynamics, designed to focus on the needs of dry skin so the appearance of fine lines and wrinkles is minimized.

3. Control Dynamics, which contains special ingredients—Tea Tree and Ayurvedic plant extracts—designed to purify, refresh and address oily skin conditions.

4. Calming Dynamics, formulated with oat and Ayurvedic plant extracts to help moisturize and minimize redness in sensitive skin.

To find a consultant or learn more about skin care, call (800) 551-2345 or visit www.jafra.com.