

Put Your Best Face Forward!

Tips On How to Achieve Clear, Glowing Skin

(NAPSA)—Are you constantly on a quest for healthy, beautiful skin? You're not alone. Clear skin is a priority for most women. In fact, 74 percent of women said they would give up shopping for one whole month in exchange for clear, glowing skin.

Mia Rutledge, 22, who has just been named the winner of the national "Noxzema Girl Search," knows how important it is to take care of your skin and thinks that having natural, flawless skin is what helps her get noticed. "When my skin looks clear and radiant I feel confident and beautiful. As long as my skin is healthy, I feel like the rest of my body is healthy. I have always taken great care of my skin and consider it one of my best attributes," she said.

Below are some of Mia's secrets to achieving clear, glowing skin:

- **Healthy Hydration:** Drink at least 6 to 8 glasses of water a day to help keep skin supple and hydrated. Water also flushes out impurities to help keep skin healthy and radiant.

- **Worry-free Workouts:** Keep hair clean and out of your face with a headband while exercising to prevent additional dirt and oil from clogging your pores. Remember to cleanse skin immediately following a workout.

- **Complete Cleansing:** Wash face twice a day with a cleanser such as the new Noxzema Continuous Clean Microbead Cleanser. Its tingly, citrus formula deep cleans to reveal clear, healthy-looking skin. Rinse with lukewarm water and remember to always blot dry with a clean towel—never rub, which can irritate skin.

- **Total Toning:** Finish cleansing skin with a gentle toner to help avoid dull, dry skin for a clear, healthy-looking complexion. To prevent blemishes, use products that contain salicylic acid.



Mia Rutledge was chosen by America to appear in a national advertising campaign.

- **Required Removal:** Don't go to bed with makeup on. Makeup left on overnight can seep into your pores and clog them. Make sure to thoroughly remove makeup with a textured wet cleansing cloth before hitting the sheets.

Noxzema Continuous Clean is a new skincare collection designed to clean deep down to the pores without overdrying to reveal clear, glowing skin day after day. The collection contains three oil-free products that utilize tingly citrus formulas to care for your complexion by leaving skin feeling fresh, clean and healthy-looking.

Mia Rutledge was chosen by America from a pool of over 2,400 entries as the winner of the "Noxzema Girl Search," a nationwide contest designed to discover the next fresh face to star in the company's advertising campaign. Look out for her on the Emmy award-winning soap opera "As The World Turns."

Follow the above tips to help keep skin looking its best. To learn more log on to www.noxzema.com.