

Skin Care Clinic 101

Daily Checklist To Healthy Skin

(NAPSA)—Tired, dull and less than radiant...signs that your skin may need some TLC right away!

“Skin changes as you age,” notes leading Beverly Hills dermatologist Peter L. Kopelson M.D. “Therefore on a daily basis, you need to take extra measures in caring for your skin so it stays healthy and young-looking.”

The skin experts at Lubriderm Skin Renewal offer the following tips to work into your everyday routine to help start your skin on the road to recovery.

- **Cleanse:** use a gentle, non-abrasive cleanser suitable for all skin types that can be used twice a day.
- **Moisturize & Exfoliate:** look for a daily moisturizer formulated with non-irritating ingredient Poly Hydroxy Acid (PHA). It does double duty by offering great moisturization benefits, while gently exfoliating to reveal healthier, younger-looking skin. (Hint: *Lubriderm Skin Renewal Anti-Wrinkle Facial Lotion with SPF 15* comes in two versions: Regular and Fragrance-Free).
- **Makeup:** bacteria can build up on your makeup products, which may cause skin to suffer. Wash brushes, sponges and applicators once a month, and buy new mascara and foundation every three months.
- **Sunscreen:** most skin damage comes from the sun; use a daily sunscreen with a minimum of SPF 15, especially on the face and hands. Try an age-defying hand cream with an SPF of 15 to even skin tone and protect against the sun’s rays.
- **Diet & Exercise:** drink at least 8 glasses of water everyday to help flush out impuri-



Look for a daily moisturizer with a gentle exfoliant, such as Poly Hydroxy Acid (PHA).

ties. Also, exercise helps increase circulation, which in turn allows more nutrients to get to the skin.

- **Showers:** take warm, short showers. Long, hot baths can lead to dehydrated and dry skin. Remember to pat, not rub, when drying off and moisturize while skin is still damp. Use a body lotion formulated with non-irritating PHA that offers three-in-one benefits: firms, moisturizes and fights signs of aging.
- **Sleep:** often the most overlooked essential beauty tool. Try getting at least 8 hours a night.

“There are definite steps you can take to revive your skin’s beauty and youthful appearance,” continues Dr. Kopelson. “And remember, you’re never too young to start.”

For more information about *Lubriderm Skin Renewal* and how you can have beautiful, ageless skin, call 800-223-0182.