

Loving The Skin You Are In

Expert Advice To Help You Care For Your Face

(NAPSA)—The never-ending quest for clear, radiant skin can sometimes feel like a hopeless pursuit. But don't pout! With the right tools and some tips from the pros, your peaches-and-cream dreams will soon become a reality.

"Two of the most common skin-care problems are using the wrong type of products for your skin and using products improperly," says renowned New York dermatologist and Reflect.com beauty advisor, Dr. Debra Jaliman. "It's important to use a product that's formulated specifically for your skin's needs. Once you have the right products it's then up to you to use them consistently and correctly to maximize the benefits."

To achieve a picture-perfect complexion, Jaliman, whose advice can be seen in the pages of top women's beauty magazines, recommends the following basic guidelines. Introduce these tips into your skincare regimen and your face will forever thank you for it!

- **Warming Up**—Always wash with warm water. Hot water can be uncomfortable and make your face red. Cold water will close up your pores and won't allow them to expel any dirt. Warm water is most effective because it helps your cleanser dissolve dirt and oil.

- **A Clean Sleep**—A good cleanser is key to an effective skin treatment program. Wash your face every day, preferably twice a day, but at least once before going to bed. If you don't take your makeup off, your eyeliner or mascara can get into your eyes and irritate them (not to mention mess up your pillowcase) or your foundation and other makeup can clog your pores.

- **Balancing Acts**—To help restore the skin's natural pH balance and prepare your skin for moisturizers try using a balancer (or toner) after cleansing. Always apply balancer with a 100 percent



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cotton pad instead of a cotton ball—your product will last much longer because the pad won't soak up as much as the ball.

- **Hydration How-To**—Moisturizers should always be used after exfoliating products or balancers so they can penetrate the skin and be most effective.

- **Skin-dividual Beauty**—Not every product works on every face. Using customized skincare products from Reflect.com Custom Nutrifusion Skincare will deliver real results because they are created just for you. Not only will it be personalized for your needs, but you will also become more knowledgeable about your skincare.

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