

A SKIN-CARE PLAN THAT WORKS FOR YOU

WHAT'S YOUR SKIN TYPE?

Before you follow any skin-care plan, find out what type of skin you have with this simple test.

1. Gently wash your face. Rinse well. 2. After one hour, press a fresh, clean tissue to each of seven areas of your face outlined in the diagram.
3. If you see oil on the tissue (it will appear damp or dark), write **O** (for oily skin) in the corresponding area on the face diagram. If there is very little or no oil on the tissue write **N** (for normal). If your skin feels rough or flaky, write **D** (for dry skin)). In any areas that have whiteheads or blackheads, write **A** (for acne).

CHOOSE THE RIGHT PLAN FOR YOU

O IS FOR OILY. If your diagram has mostly O's, your skin is oily--and more prone to acne flareups. Follow this three--step skin regimen:

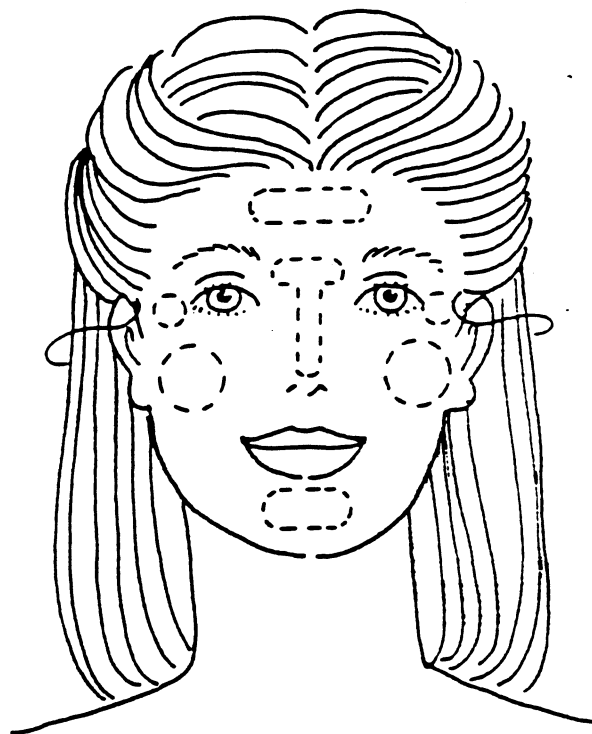
1. Gently wash twice a day with a medicated skin cream, rinse well with warm water, and pat dry.
2. Sweep an astringent/medicated pad over your skin. These pre--soaked pads remove excess oil, kill the bacteria that causes breakouts, leave medication behind to fight acne. Use them for "in--between" clean--ups during the day too.
3. Treat blemishes "on-the-go" with acne medicine.

N IS FOR NORMAL If your diagram has more N's, your skin is normal. Keep it in shape with this easy three--step skin regimen:

1. Wash twice a day with medicated skin cream.
2. Soak a cotton ball in an antiseptic skin cleanser and sweep it over skin to deep clean and refresh.
3. Treat any breakouts with an acne medicine.

D IS FOR DRY If the diagram has mostly D's, your skin is dry, which easily chaps and flakes. It can also feel sensitive at times. Follow this two--step plan:

1. Cleanse with medicated skin cream. It doesn't dry skin as soaps can.
2. After washing, smooth on a little extra cream for softness without greasiness.

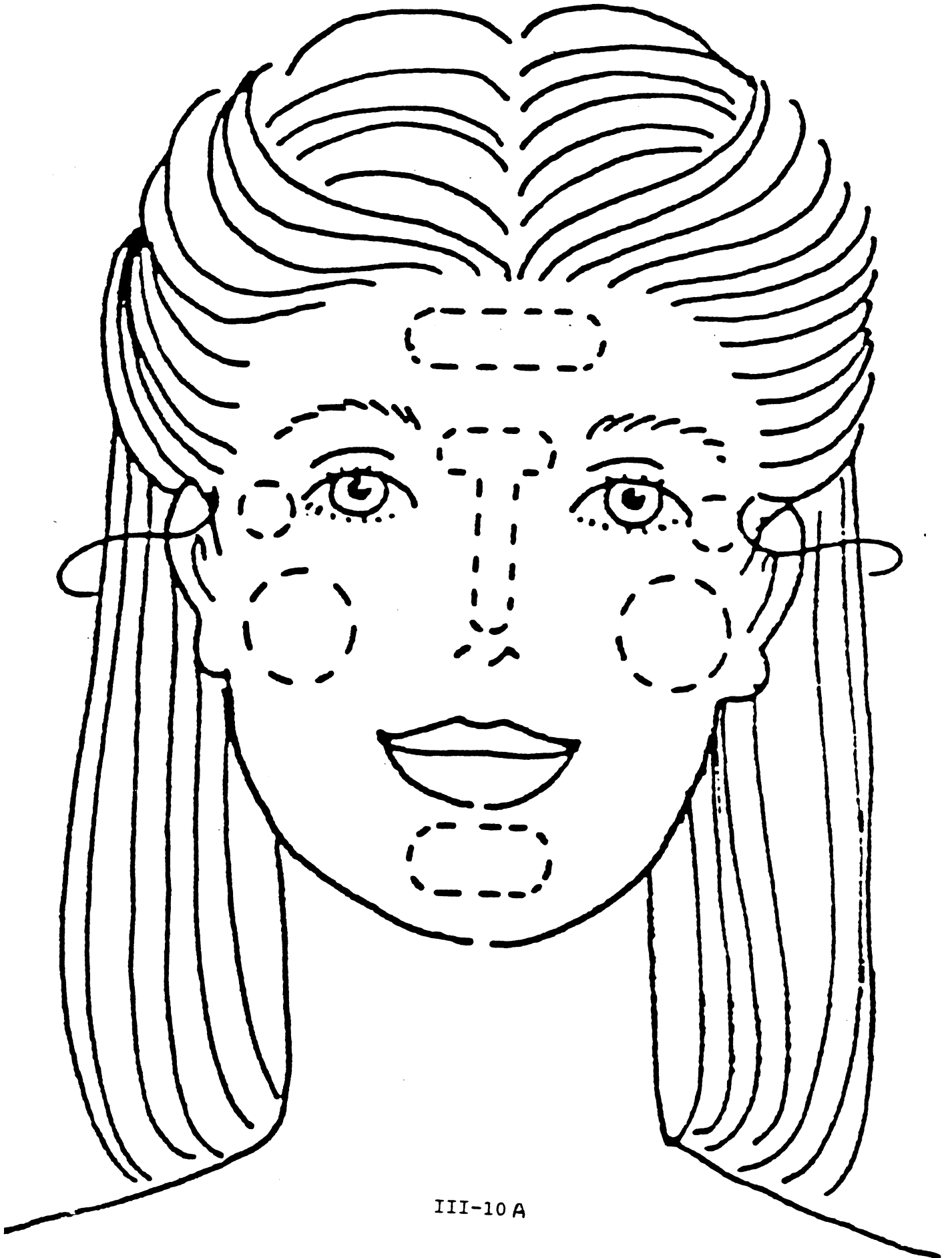


COMBINATION SKIN If your diagram has a mix of D's, N's, and O's, you have a combination skin. Sounds impossible to deal with? It isn't. Here's the skin--care plan that is right for you:

1. Wash twice a day with medicated skin cream. 2. On oily areas only, use an antiseptic skin cleanser.
3. On dry areas, apply a little extra. 4. Dab acne medicine on any blemishes.

A IF FOR ACNE--PRONE If your diagram has lots of A's, your skin is acne--prone. Follow this simple skin-care plan regularly:

1. Wash your skin with medicated skin cream two or three times a day. It will clean your face effectively, without overdrying. 2. Always follow every cleansing with benzoyl peroxide--the acne medicine dermatologists recommend most. 3. Battle blemishes between washings. Be sure to carry clear-ups to sweep away excess oil and on-the-spot acne medicine to apply directly to breakouts--it will hide while it heals!



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