

Girl's Grooming Guide for Prom

Prom season is around the corner and you've probably been so focused on your dress, shoes and hair that you forgot about all the little things that can make a big difference. To help you get ready for your big night, here's a prom beauty to-do list:

1 Experiment

Prom is the perfect time to experiment with new looks – just make sure you don't wait until the day of the Prom to play around or you could face a makeup meltdown at "game time." Another option is to leave your glasses at home and show up in contact lenses. Talk to your eye care professional about a daily disposable lens, such as 1-DAY ACUVUE® MOIST® Brand Contact Lenses, which is one of the healthiest, most convenient ways to wear contact lenses.

2 Lip Balm

Ditch drying lipstick for a long-lasting balm like NEUTROGENA® MoistureSmooth Color Stick, which instantly moisturizes lips, leaving them softer and smoother in just three days, even with nothing on them!

3 Brows and Lashes

Some things are best left to the professionals. Go for a face-framing eyebrow shaping about a week before the big night and do any upkeep at home. For your lashes, try a product like NEUTROGENA® Healthy Lengths Mascara. The lash lengthening formula, infused with Vitamin E and olive oil, instantly makes lashes look 100% longer. It actually conditions and strengthens them to grow to their fullest potential. Say good-bye to clumps, smudges, or flaking!

4 Get Rid of Acne

Have a pimple right before the big day? Don't worry – and don't pick or pop it! Help treat and prevent acne with a cleanser and/or spot treatment that contains an active ingredient such as salicylic acid. CLEAN & CLEAR® ADVANTAGE® Acne Spot Treatment is shown to reduce pimples in size, swelling and redness in just four hours without over drying skin. That's a life saver!

5 Breathe Easy

Believe it or not, your mouth contains more germs than there are people on earth! So, make sure oral health is a priority by flossing daily and rinsing with an antiseptic mouthwash for a healthy, confident smile. In a pinch, stash some REACH® TOTAL CARE Floss in your pocket to remove any "unwanted leftovers" after you eat. You can also try LISTERINE® POCKETPAKS® to discreetly freshen up on the go and kill the germs that cause bad breath.

6 Dance Easy

Before you rock your fabulous heels this prom season, safeguard your feet with BAND-AID® Brand FRICTION BLOCK® Stick to help keep you dancing the night away. The lubricating formula glides on smoothly to instantly reduce rubbing from shoes, and the stick is compact enough to fit in your clutch!

Important information for contact lens wearers: ACUVUE® Brand Contact Lenses are available by prescription only for vision correction. An eye care professional will determine whether contact lenses are right for you. Although rare, serious eye problems can develop while wearing contact lenses. To help avoid these problems, follow the wear and replacement schedule and the lens care instructions provided by your eye doctor. Do not wear contact lenses if you have an eye infection, or experience eye discomfort, excessive tearing, vision changes, redness or other eye problems. If one of these conditions occurs, contact your eye doctor immediately. For more information on proper wear, care and safety, talk to your eye care professional and ask for a Patient Instruction Guide, call 1-800-843-2020 or visit www.Acuvue.com.

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