

SEVEN STEPS TO CLEAR AND HEALTHY SKIN

- 1** Always protect your skin from the sun with a minimum SPF 15 sunscreen.
- 2** Drink plenty of water (8-10 glasses a day) and eat a healthy, balanced diet with lots of vitamin-rich foods.
- 3** Exercise regularly and get a good night's sleep. Leading a healthy lifestyle is an important part of having a healthy body and feeling good about yourself—and that includes keeping your skin healthy.
- 4** Keep your skin clean. Wash your face with a medicated cleanser in the morning, before going to bed, and after exercising.
- 5** If you're prone to acne, use a face scrub that contains acne-fighting ingredients three to four times a week.
- 6** Avoid using greasy or oily cosmetics and greasy or oily conditioners or treatments on your hair.
- 7** Touch your face less and wash your hands more. Don't pick, poke, squeeze, and scratch as you look at yourself in the mirror. The more you traumatize your skin, the greater your risk of scarring. Use Clearasil® skin-care products to cleanse, prevent—and treat—pimples.



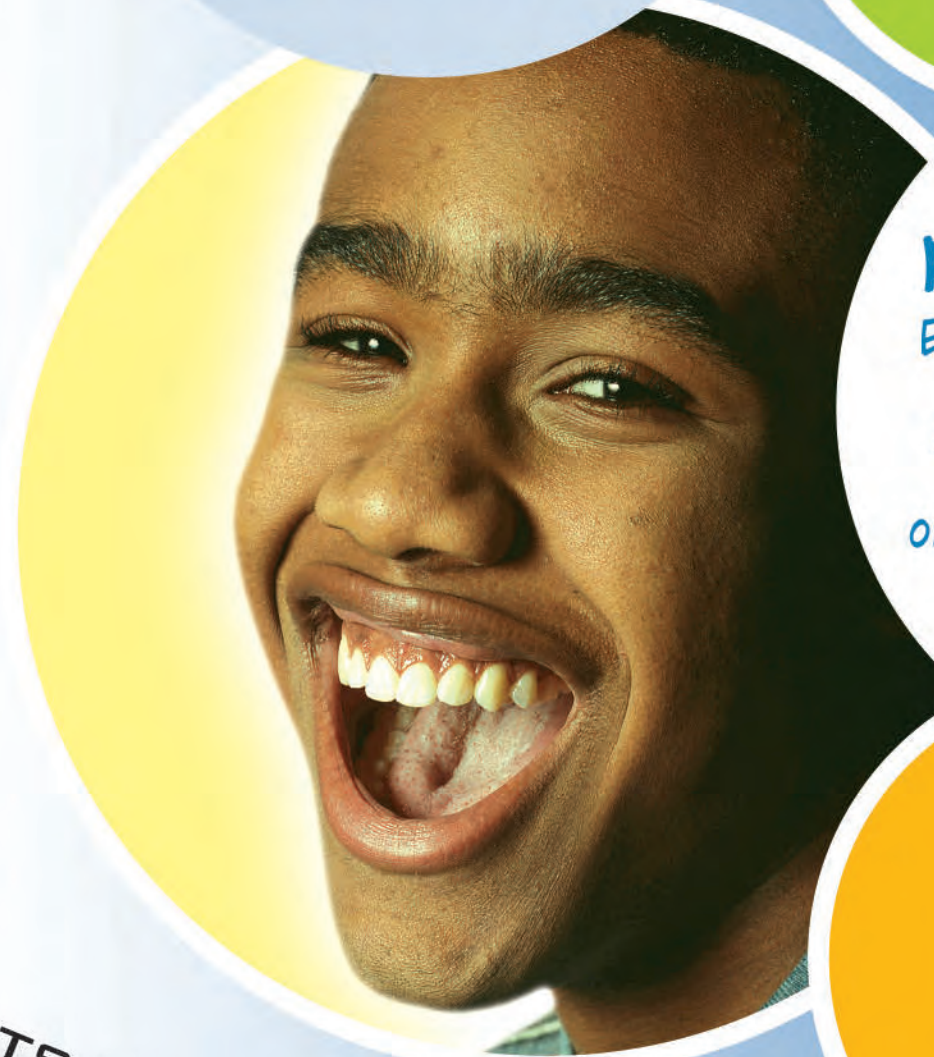
Why do I have pimples?

During puberty, your oil glands are working 24/7. Excess oil, trapped by dead skin cells, causes clogged pores. That leads to the growth of bacteria that causes pimples to become red and inflamed.



What can I do to fight back?

There's a whole arsenal of medicated products at your command—creams, pads, astringents, wipes, cleansers, and scrubs. Those containing Benzoyl Peroxide or Salicylic Acid will help unclog pores and fight the bacteria.



But can I prevent pimples?

Everyone gets pimples from time to time, but using a medicated cleanser every day will help prevent new ones from forming, and clear up existing ones faster.



CLEAR SKIN - CLEARASIL®...THE PRODUCTS THAT WORK FOR YOU

Clearasil®



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