

The Skin You're In

HEALTHY SKIN STARTS WITH YOU



↶ Wash your face gently (don't scrub!) in the morning and at night with warm water and a mild facial cleanser to help prevent acne.



↶ Protect your skin from the sun by always putting on sunscreen with a sun protection factor (SPF) of 30 or higher.

⬇ Avoid hot water, harsh soaps, and perfumes if you have atopic dermatitis—a condition that leaves skin dry, itchy, and scaly.



➔ Visit your doctor on a regular basis to help keep your skin healthy.

