

Glow-How

The top ten ways to “Go with your own glow.”

Overall:

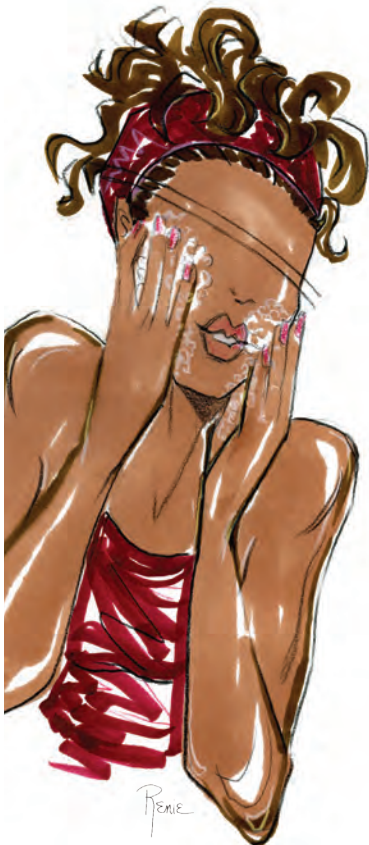
1. Determine your natural skin color—Mother Nature knows best.
2. Return to your natural hue—slowly. It’s better if you’re “made in the shade” between 10 am and 4 pm. Let your skin fade over time to your natural color. Then, be sure to use sunscreen everyday and avoid tanning salons!
3. Remove sunspots. There are over-the-counter creams or your dermatologist can recommend one.

Every Day:

4. Cleanse.
5. Take your C (well, apply it, with a Vitamin C serum).
6. Wear a broad-spectrum SPF 15+ sunscreen (and reapply every couple hours) to keep your skin young and flawless.

Every Night:

7. Remove makeup.
8. Exfoliate regularly.
9. Use a retinol-based serum—over-the-counter or doctor-recommended.
10. Moisturize, moisturize, moisturize.



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