

Take Care Of Your Skin!



WHAT CAN I DO TO TAKE CARE OF MY SKIN?

- **Wash Your Face!**

During the day, your skin collects dirt and oil. Washing your face with water and a facial cleanser removes build up. If you don't have a facial cleanser, water is fine.

- **Apply Sunscreen!**

The sun is very powerful and can damage your skin, apply sunscreen to your body (especially your face) when going outdoors.

- **Drink More Water!**

Drinking water decreases inflammation and hydrates your skin. Water helps carry nutrients through your body & flushes out toxins. When you take care of your body from the inside out, your skin will start to reflect that. Drink at least 8 glasses a day.

- **Eat Healthy Foods!**

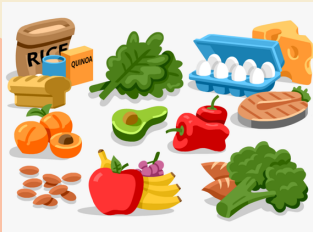
Avoid eating foods like popcorn, candy, oily or deep fried foods and soda. Try to eat more fish, green veggies, nuts, and fruits.

- **Wash Your Hands & Don't Touch Your Face!**

Wash your hands regularly & avoid touching your face unnecessarily to avoid acne breakouts!

- **Participate In Stress Reducing Activities!**

Stress can cause your skin to break out with acne & even rash! Eliminate that possibility by spending time outside, participate in school sports or other extra curricular activities available to you. Take a brain break and do something you really enjoy whether it be in or outside of school.



**YOUR SKIN WILL THANK
YOU !**