

YOU DESERVE CLEAR, HEALTHY, RADIANT SKIN.

BY CAITLIN SULLIVAN

Something old, something new, something borrowed, and the big, shiny, red pimple in the middle of your forehead. This is probably not the way you remember the old wedding day saying, but for many of you, it's reality. Whether you are a bride getting ready for your big day or not, you deserve to live with clear, healthy, radiant skin.

Pimples and acne affect nearly 85% of people between the ages of 12 and 25, and up to 20% of women over 25. With so many over-the-counter products and treatments available, finding a solution can seem overwhelming and frustrating. Here are some solutions to help you win the battle.

Acne 101 – Common causes for your breakouts:

- **Hormonal changes** during pregnancy, menstruation and menopause.
- A poor **diet** will be reflected in your skin.
- **Emotional stress** may cause breakouts.
- Makeup and skincare products that contain oils can clog pores and irritate existing breakouts.

Acne Solutions – How to achieve clear skin:

Visit your esthetician for a facial every 4-6 weeks – Your esthetician is trained to clean out your pores and recommend the best home care regimen for your skin. A quick fix professional treatment such as high frequency kills bacteria in your pores and

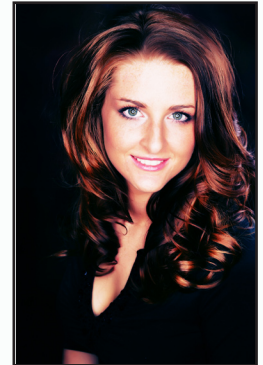
helps products penetrate deep into the skin.

Exfoliation is key – A series of chemical peels or professional exfoliation treatments will help keep pores clear. You should also be exfoliating at home 1-2 times per week. Cleansers which contain Glycolic Acid are great for gently exfoliating the surface of your skin every time you wash your face (morning and night, right ladies?).

Mineral makeup – It's one of the best products you can use on your skin. Your skin is able to breathe, your pores never get clogged, and your skin looks flawless!

Some suggested products for acne treatment:

MD Formulations Adult Anti-Blemish Kit www.mdformulations.com.
YonKa Paris Emulsion www.yonkaus.com.
bareMinerals Mineral Foundation www.bareminerals.com.



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