

DERMATOLOGISTS' TOP TIPS FOR SKIN CARE ON A BUDGET

November is National Healthy Skin Month. Keeping your skin healthy and looking its best doesn't necessarily mean breaking the bank if you follow these practical tips from leading dermatologists:

- **Cleanse, treat and prevent.** Don't let a 12-hour period go by without using some sort of treatment or product on your skin (sunscreen counts).
- **Use sunscreen 365 days a year.** This helps prevent sun damage that could lead to wrinkles, age spots or even skin cancer.
- **Get the most from your body moisturizer.** In the winter, apply it to damp skin as soon as you get out of the shower to "lock" in the moisture.
- **Consider using petroleum jelly.** This common, inexpensive product has several uses for skin care including:
 - moisturizing rough, cracked feet, elbows and hands; dry cuticles and lips; and peeling nails;
 - preventing chafing when running or bike riding;
 - protecting kids' scrapes and bumps; and
 - applying as a diaper ointment.
- **Use one or two skin care product lines at a time.** Limiting product lines saves money and storage space.
- **Remember a more expensive skin care product is not necessarily more effective.** Some brands contain fragrances that may lead to skin problems.
- **Consider dual-function products.** Examples include a moisturizer plus sunscreen and a lip balm with sunscreen.
- **Get the most for your hard-earned money.** When choosing anti-aging products, look for ingredients such as vitamin A and alpha hydroxy acid.

For more information on the best options for all your skin care needs, consult a dermatologist. To find a dermatologist, visit <http://www.aad.org/findaderm/>.