



**DERMATOLOGISTS OFFER
SKIN AND HAIR TIPS FOR ANY AGE AND ANY BUDGET
November is National Healthy Skin Month**

No matter your audience's age or budget, everyone wants to look their best. During National Healthy Skin Month, dermatologists – experts in skin, hair and nail care – are offering important information about how to maintain a healthy look from head to toe.

- Saving Face 101: How to Customize Your Skin Care Routine with Your Skin Type
- Dermatologists Offer Advice from Head to Toe on What to Expect When You're Aging
- Hair Care on a Budget: Money-Saving Tips to Keep Hair Looking Good in a Bad Economy
- Dermatologists Can Help Separate Fact from Fiction for Sun Exposure, Sunscreen and Vitamin D
- What's the Skinny on Fat Removal? Dermatologists Believe Emerging Non-Invasive Technologies Shaping Up to Be the Next Big Thing

In addition to educating adults about skin, hair and nail health, the American Academy of Dermatology has launched a new Web site, www.KidsSkinHealth.org, to help children begin a lifetime of healthy skin habits.

This unique Web site was created by dermatologists and teaches kids, ages 8 to 12, how to practice good skin care virtually, or risk the consequences of pimples, greasy hair, a poison ivy rash and sunburn. The interactive game, "It's a Skin Cell's Life," featuring Sammy the Skin Cell, is just one of the many features on the site.

Please share this information with your audience throughout the year to educate them about the importance of good skin care habits. For more information, visit the Academy's Web site at www.aad.org.

