

# Skin Sense

facts from the experts

## Dermatologist Shares Tips And Advice For Skin Care

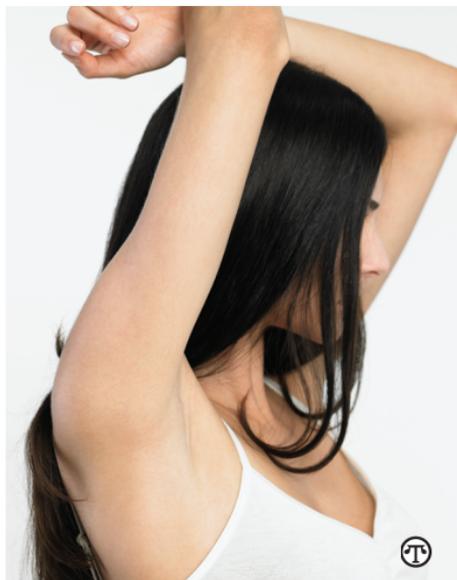
(NAPSA)—Just as your wardrobe changes with each season, so should your skin care habits, especially when it comes to sensitive areas such as the underarms, neck and feet.

“Preparing skin can be accomplished in a few simple steps. Start by examining your current beauty routine to ensure that often neglected areas of the skin are getting properly pampered,” says dermatologist and co-author of “The Beauty Prescription,” Dr. Debra Luftman. She offers the following tips:

**Take Care Under There:** Stubble and irritation are just a few of the things that stand between women and attractive underarms. No matter the season, underarm care should be included as part of a woman’s skin care routine.

**Dr. Luftman Tip:** Care for delicate underarm skin with a deodorant that multitasks, such as new Dove Ultimate Visibly Smooth, which helps to minimize the look and feel of underarm hair over time. It combines a unique Pro-Epil™ Complex with natural extracts and Dove 1/4 Translucent Moisturizers™ to help women feel stubble-free for longer while still offering 24-hour odor and wetness protection. Women seeking prescription-strength wetness protection can try Dove Visibly Smooth Clinical Protection in Wild Rose, which provides the strongest defense against embarrassing odor and wetness from Dove.

**Do Not Neglect the Neck:** Many women spend time and money on skin care for their face but neglect the skin area below: the neck. Signs of aging tend to be most noticeable on the neck because the skin is some of the thinnest on the



body and has little natural moisture. Lack of proper skin care and sun overexposure can result in dryness and a lack of elasticity.

**Dr. Luftman Tip:** Protect delicate neck skin from signs of aging by using a daily moisturizer with SPF to avoid sun spots and uneven pigmentation.

**Treat Your Toes:** Sandals, while comfortable and fashionable, leave feet exposed to the elements and can cause harsh blisters and dry skin.

**Dr. Luftman Tip:** Most people forget to put sunscreen on the tops of their feet, which can lead to painful and potentially serious burns. Prevent sun damage by applying SPF to feet every time you leave the house. Avoid uncomfortable and unsightly blisters by applying petroleum jelly to the areas of feet where blisters are prone. It will help prevent the friction that occurs between sandal straps and skin.

Learn about other skin care tips plus information about a new beauty treatment, the PitiCure™, at [dove.com/visiblysmooth](http://dove.com/visiblysmooth).