

Skin Care Basics

(NAPSA)—Putting your best face forward can be a simple matter of taking care of the skin you're in. Try these tips.

- **Stay hydrated:** Make sure you're drinking at least eight 8-ounce glasses of water a day. Also, remember that dry indoor air can sap skin of precious moisture. Consider using a humidifier to add moisture to the air. You can often find inexpensive humidifiers at drugstores.



It's important to use an SPF of at least 15, whatever the weather.

- **Protect:** Always use an SPF of 15 or higher on your face, lips and any exposed skin when leaving the house, regardless of the weather. You may also want to avoid going outside when the sun is at its strongest.

- **Stay moisturized:** Check labels for moisturizing ingredients—such as amino peptides and vitamin C—that can help preserve moisture and replenish skin. Moisturizing lotions such as CVS/pharmacy Regenerating Enhancing UV Lotion with SPF 15 and CVS/pharmacy Regenerating Perfecting Cream include these key ingredients and cost about 25 percent less than similar products.

For more information, visit www.cvs.com.