

# YOUR AMAZING SKIN

## Your Skin: Up Close And Personal

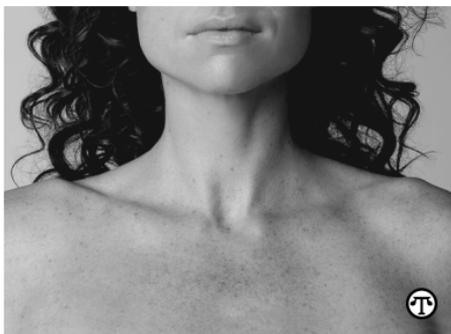
(NAPSA)—Skin is amazing. Each day it performs many functions, from regulating our temperature to protecting us from the elements. When talking about her skin, Oscar- and Emmy-nominated actress and singer Minnie Driver says, “I have very freckly, sensitive Irish skin, and I don’t go in for a whole bunch of surgical procedures to make myself look younger or prettier, so taking care of my skin is a huge part of what I do for a living. I really want to age gracefully. You can’t turn back the clock, but you can stop it from speeding up.”

Driver is part of the thought-provoking Vaseline “Skin Is Amazing” campaign that features up-close-and-personal photos of celebrities’ skin and features each celebrity’s unique skin story. The new campaign from Vaseline also invites people to think about their own relationship with their skin.

Vaseline is asking Americans, “Do you see skin the way we do?” Prove it! Log on to [www.vaseline.com](http://www.vaseline.com) and enter the “Skin Vision” contest by submitting your own skin portrait and unique story. The grand-prize winner will win a photo shoot with a Condé Nast photographer and be included in a collage to appear in national magazines. Each person that enters will support Vaseline’s donation to the Coalition of Skin Diseases, which helps address the needs of the millions of people whose lives are affected by skin disease.

### Winter Skin Care Tips

To get ready for cold weather, here are a few tips from Dr.



**Minnie Driver reveals her skin as part of the new Vaseline “Skin Is Amazing” campaign.**

Alan Shalita, Professor and Chairman of Dermatology at SUNY Downstate Medical Center, on how to keep your skin healthy this season:

- Hydrate from the inside: If you can’t get the daily recommended six to eight glasses of water a day, try drinking just one extra 12-ounce bottle of water daily. Any additional water consumption will benefit your skin, replenishing moisture when needed.

- Speed it up: Long, hot showers strip your skin of its natural oils. To combat dryness, take a short, warm shower. Try to limit yourself to one shower a day in cold weather. Use a moisturizer immediately after you shower.

- Humidify: Use a humidifier to help keep much-needed moisture in the air at home, especially if you have steam heat.

- Pucker up: Your lips are vulnerable to dryness all year round. Have lip balm handy wherever you go to prevent chapping and cracking. Try to avoid constantly licking your lips, which dries them even more!