



NATURAL HEALTH

May 2008

Flower Power
Beauty Secrets

Beauty

EP 2: exfoliate

SCRUB TWICE A WEEK. After cleansing, you want to slough away that top layer of dead cells. "At night, the lymphatic system works hard to excrete waste, including any dead skin cells that inhibit the skin from functioning," says Graf. Dermatologists recommend using products that contain gentle alpha hydroxy or beta hydroxy acids such as lactic acid or fruit enzymes. (If you use an exfoliating facial wash in Step 1, you don't need an additional exfoliant; you can skip directly to Step 3.)

Avoid fragrances
Using heavily perfumed products before you sleep can irritate skin.



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Natural Health
magazine declared DHC
Salicylic Acne Wash
to be "especially good for
exfoliating oily skin."

Salicylic Acne Wash
4 fl. oz.
3894
\$13