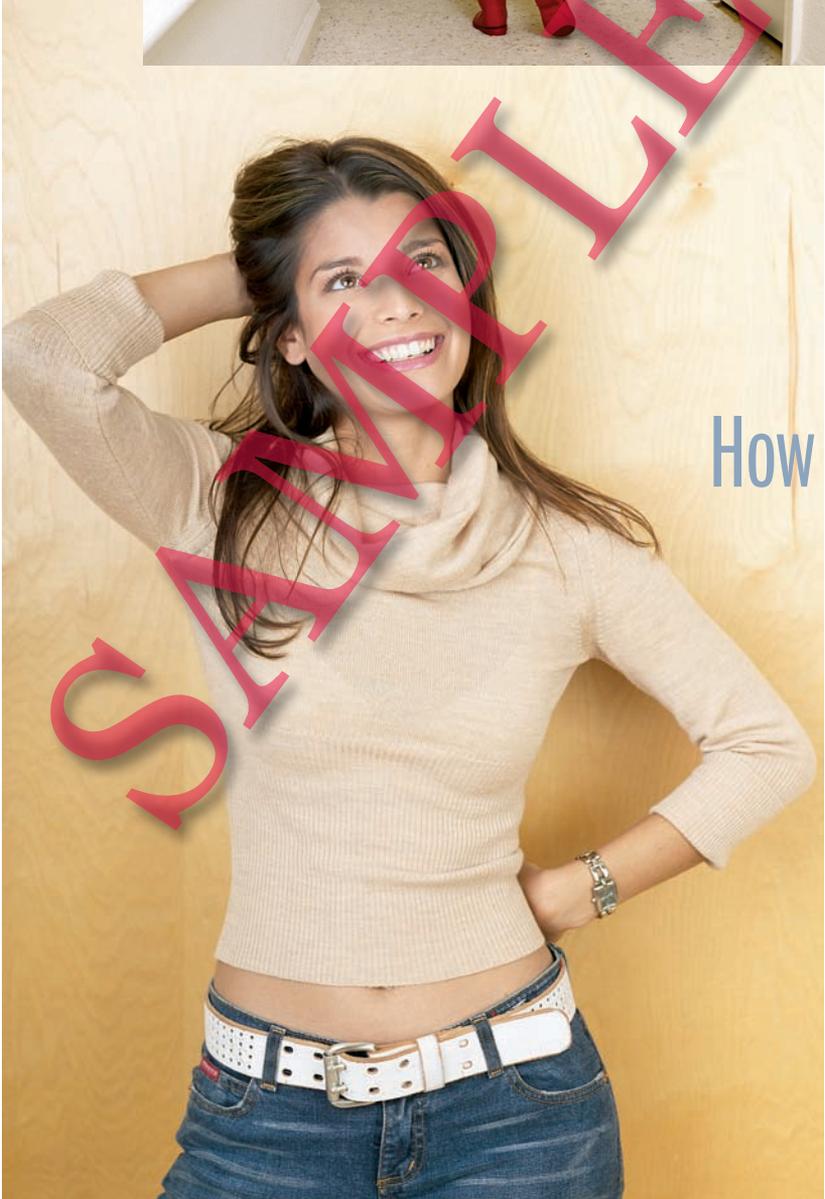
A close-up portrait of a young woman with long, wavy brown hair and a bright smile. She is wearing a light beige, ribbed sweater and a silver watch with a white face on her left wrist. Her arms are crossed in front of her. The background is a soft, out-of-focus white.

beauty tips for life

Keep
the skin
you were
born in!



A



How skin

baby's *flawless skin*

There's nothing more beautiful than the soft, smooth texture of a baby's skin. It's fresh, radiates clarity, and is completely flawless. **Wow.** What we wouldn't give to keep such beautiful skin forever!

But the truth is, there are a lot of things that interfere with our ability to hold onto the skin we were born in, such as genetics—the tendency to freckle runs in families—bouts with acne, day-to-day exposure to the sun's rays, and so on. Obviously having flawless skin is even more difficult as we enter the teen years and grow toward adulthood.

While some factors, such as our genetics, can't be controlled, there **are** ways to “stop the clock” and keep our beautiful skin for much longer.

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savvy are you?

Take the quick quiz below to find out how much you know about your own skin.

- 1 T / F Your skin is an organ, like the heart or kidneys.
- 2 T / F Most teenagers (about 85%) have some form of acne.
- 3 T / F Wrinkling is mainly due to aging.
- 4 T / F Not all tanning is bad for your skin

The first two questions are true; the last two are false. If you are interested in keeping your skin young and attractive looking, ***please read on for more answers...***