

P.R.E.P.
— cosmetics —

SKIN
care 101
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Does everyone need a SKINCARE ROUTINE?

Yes! Cleansing and protecting your skin is a great way to maintain clearer skin and prevent sun damage. The key is to understand your skin type so that you don't get irritation.

First time users of any cleanser should start by using it once every other day. After a few weeks, progress to using once or twice daily depending on your skin type.

What is my SKIN TYPE?

dry  oily

			
For dry skin, wash your face with P.R.E.P. purifying daily cleanser each night. To freshen up your skin in the mornings or after exercising, rinse with cool water. Follow with P.R.E.P. SPF 30 face + body lotion during the day.	For combination skin that is mostly dry except in the T-zone (your forehead, nose, chin) wash once or twice daily as needed with P.R.E.P. purifying daily cleanser. Follow with P.R.E.P. SPF 30 face + body lotion during the day.	For mildly oily skin, wash twice daily with P.R.E.P. purifying daily cleanser. Follow with P.R.E.P. SPF 30 face + body lotion during the day.	For moderate to severely oily skin, wash twice a day and after exercise (or anytime you sweat a lot) with P.R.E.P. purifying daily cleanser. Follow with P.R.E.P. SPF 30 face + body lotion during the day.

HOW TO USE

PREP daily for a lifetime of healthy skin.



1

Gently wash your face with P.R.E.P. purifying daily cleanser and pat dry.

** Find your skin type and see detailed instructions on the other side.*



2

Apply P.R.E.P. SPF 30 face + body lotion evenly on your face, neck, back of hands and any other exposed areas.

A good, basic skincare routine is all most girls need to keep their skin looking great!



Apply P.R.E.P. SPF 15 lip gloss throughout the day to keep your lips hydrated, smooth and protected from the sun.



4

Smile confidently and face the day knowing your skin is pampered and protected.

as seen in

People

EveryDay
with Rachael Ray

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