



Free Melanoma Screenings in May!

In honor of Skin Cancer Awareness Month, thousands of dermatologists are offering free local screenings through May. To find a screening in your area, visit the American Academy of Dermatology at www.aad.org.



Wrinkle Reducer

Dear [Skin Care Club Member],

Wind, heat, chemicals and the natural effects of aging cause a certain amount of wrinkling in everyone, but it's much worse in those who spend time in the sun.

Don't stay inside – outdoor activity can help strengthen bones, boost mood, increase energy and improve overall health – just make a serious commitment to sunscreen. Lotion with a built-in SPF of at least 15 can help get you in the habit. Apply before your regular makeup routine and skin will be safe, soft and good to go!



Did You Know?

At least 80 percent of what we consider normal skin aging is really sun damage.



Beware a Short Shadow!

If your shadow is shorter than you, the sun is too intense. Head for shade!

Did you find this information interesting? Yes No [Send to a friend](#)

Pass on member perks!

Tell family and friends about the Cetaphil® Skin Care Club for spring skin savings and insight!

Critical Summer Care

A skin-care routine needn't be complicated but is critical this time of year when sun, salt and chlorine can conspire to really do damage. Pick a cleaning product gentle enough to use at least twice a day, like Cetaphil® Gentle Skin Cleanser, which will clean completely without stripping skin of essential protective oils.



Review
Your
Regimen

How often do you use Cetaphil® Gentle Skin Cleanser?

- Regularly Occasionally
 Never, but I use other Cetaphil® products I don't use Cetaphil® products



Dr. Joseph Bikowski

Clinical Assistant Professor,
Department of Dermatology,
University of Pittsburgh

The Doctor Is In: Oil Aggravator

Q Sun makes my blemishes look better. Is tanning really that bad?
D.T., Key West, Fla.

A Don't be fooled by the initial, temporary drying effect of sun and a camouflaging tan. UV rays stimulate oil production, which can lead to even bigger blemishes. Stick with sunscreen!

Got a skin-care question? [Ask our experts!](#)

© 2004 Galderma Laboratories, L.P. GALDERMA is a registered trademark.

Terms & Conditions

Galderma respects its customers' privacy and does not share personally identifiable information with third parties. For more information, please see the Galderma privacy policy at: <http://www.MyCetaphil.com/privacy.cfm>.

If you prefer not to receive future e-mails from the Cetaphil® Skin Care Club, please go to: <http://www.MyCetaphil.com/unsubscribe.cfm>. This site intended for United States audiences only.