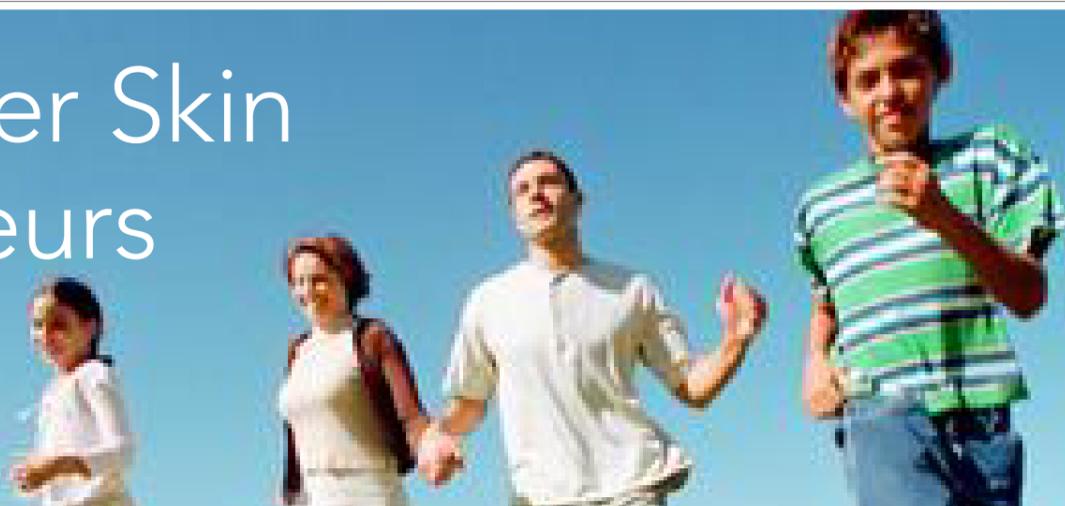




Free Melanoma Screenings in May!

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.

Summer Skin Saboteurs



Dear [Skin Care Club Member],

Communing with nature can be cool for kids, as long as they steer clear of seasonal saboteurs. Keep the most common culprits from foiling family fun.



Beware a Short Shadow!

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



Bothersome Bugs

Rinse after exercise, pick fragrance-free products and beware bare feet. If you still get stung, scrape out stinger opposite the direction of entry, wash with soap and ice the area.

Ravaging Rays

Staying safe means sunscreen, especially on sensitive skin. Cover your clan with sun protection of at least 15, even in the car. Soothe sunburn with cool compresses and cover with cream.



By age 18, most of us have already accumulated 80 percent of our lifetime sun exposure, which eventually shows up as skin damage. Keep those kids covered!



Problem Plants

Poison ivy can grow almost anywhere, even by the beach. Teach your family to spot toxic flora. If they come into contact with the weed, rinse skin with rubbing alcohol then water.

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 with a Members-Only Coupon!

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.

Click for your Club Coupon!



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!](#)

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