



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.

Smart Summer Skin



Dear [Skin Care Club Member],

Summer screams outdoor activity, but what about the long-term dermis damage? Truth is, how you care for your skin right now could determine how you look, feel and function for decades.



Did You Know?

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

Don't stay inside – outdoor action 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 you get in the habit. Add to your regular grooming routine (excellent after shaving) and skin will be safe, strong and good to go!



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!

Tweak Your Routine!

You know it's important to take care of your skin. But did you know it's equally important to reassess your products seasonally? Consider switching formulations for warmer weather—from heavy cream to a lighter lotion—or adding a cleanser gentle enough to use at least twice a day, like Cetaphil® Gentle Skin Cleanser.



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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