



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 Date Sparkle



Dear [Skin Care Club Member],

Ultraviolet light (even from a tanning bed) is bad for skin. And the truth is, how you care for your skin right now could determine how you look, feel and function for decades. Still, it's nice to have a teensy tan for something special. Here's how to get glowing but decrease long-term damage.

Ultraviolet light can react with acne meds and – boom! – you're burned. Always, always, always use sunscreen, whether you're tanning inside or out. Try a self-tanner. Exfoliate first to reduce blotchiness; clear area of soap, which can mix with DHA, the active ingredient, and turn skin orange; and wash hands well.

Use bronzing gel where the sun would hit your face: cheeks, nose and forehead and finish with a shimmery powder for sun-kissed style!



Did You Know?

By age 18, most of us have already accumulated 80 percent of our lifetime sun exposure, which eventually shows up as skin 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!

Tweak Your Routine with this Exclusive Member Special

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.



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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