

# ask.jacquie

by Jacquie Carter

Director, Worldwide Outer Nutrition Product Training



## FACE

### **Why do we need special products for the eye area? Can't I just use my daytime moisturizer or night cream?**

Wouldn't it be wonderful to just have one product to use from head to toe? Unfortunately, to achieve maximum skin health benefits, this would not be the best idea. The skin around the eyes is different from the skin elsewhere on the body because it lacks both oil and sweat glands. And because the skin in the eye area is so delicate, we must ensure that we are using only those ingredients that are safe and gentle enough for this part of the face.

### **How do I know if my skin is normal to dry?**

Normal-to-dry skin will have patches where skin cells flake, the surface appears dull and fine lines are more visible, especially around the eyes and above the lip. Harsh cleansing, cold weather, indoor heat and arid climates make your skin feel tight and sensitive. Fortunately, people with normal-to-dry skin are usually free from blemishes and breakouts. For normal-to-dry skin, add Herbalife SKIN Soothing Aloe Cleanser to your daily routine.

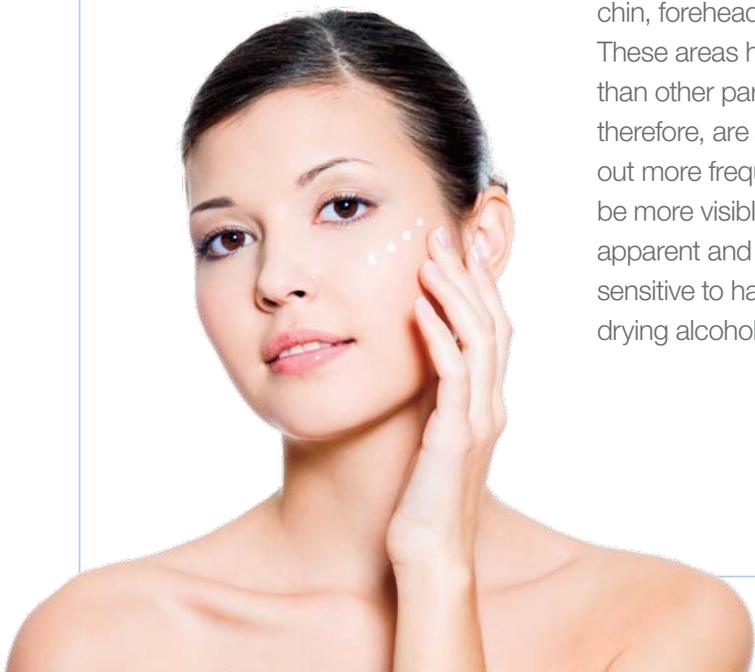
### **How do I know if my skin is normal to oily?**

Normal-to-oily skin will look shiny, especially in the T-Zone (nose, chin, forehead and cheeks). These areas have more oil glands than other parts of the face and, therefore, are a bit oilier and break out more frequently. Pores may be more visible, blemishes more apparent and the face could be sensitive to harsh cleansers and drying alcohols. For normal-to-oily

skin, use Herbalife SKIN Polishing Citrus Cleanser.

### **Is it really that bad for my skin if I don't wash it before bedtime?**

Not washing off mascara and eye makeup before you go to bed can cause you to wake up with puffy bags under your eyes and even a potential eye infection. Other makeup, such as foundation, blush and concealer, can prevent your skin from breathing and may clog your pores, resulting in a blemish-prone, dull-looking complexion. Even if you don't wear makeup during the day, your skin still accumulates oil, dirt and impurities that can lead to blemishes and a dull skin tone if not washed away before bedtime. Cleansing the skin with Herbalife SKIN cleansers every night is an absolute must!



If you have questions, please email me at: [askjacquie@herbalife.com](mailto:askjacquie@herbalife.com)

