

ask jacquie

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FACE

What influences skin type?

So many different things influence our skin type that it's hard to keep track! Internal and external factors both influence the way your skin looks and feels. Internal factors include: your diet, hormonal changes, health problems, smoking and certain medications. External factors include: the climate or weather, your skin care routine, over moisturizing or over exfoliating, using irritating or

drying products or not using any products at all. Be sure to evaluate what is happening with your skin on a regular basis to determine whether you are using the correct products for your skin type.

Will my skin type change?

Your skin is in a constant state of change and can be very temperamental. It can fluctuate with the changing seasons, when work becomes stressful, or when your body experiences hormonal or weight fluctuations.

Even those with perfect complexions go through phases of having oily, dry, or blemish-prone skin. During winter months, you may need more moisture to combat increased dryness in the air. Less moisture may be needed when months are more humid and warm. It is important to periodically evaluate your skin care routine to be sure your skin is getting what it needs. Herbalife® SKIN offers products for all skin types: normal to dry, normal to oily and aging skin.

Is it possible to wash my face too much?

Yes. Excessive cleansing can irritate your skin by stripping its natural oils and drying it out. You should cleanse your face twice a day if you have normal-to-dry skin and up to three times if you have very oily skin. Anything more is excessive. Be sure to use only facial cleansers when washing your face, not bar soap. Our Herbalife SKIN line has a cleanser for both dry and oily skin types. Remember to be gentle and only use warm water when cleansing. Do not use water that is too hot or too cold because such extremes in temperature can traumatize the capillaries in your skin. And always be sure to gently pat your skin dry; do not rub!



If you have questions, please email me at: askjacquie@herbalife.com

