

# ask.jacquie

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## BEST PRACTICES

### **Is it necessary to use a moisturizer if I have oily skin?**

In a word, yes! In order for your skin to function at its best, it must have adequate moisture. Even the oiliest of skin can have low moisture levels. No matter what your skin type is, moisturizing is an essential step for healthy skin and should be done every morning and every evening before bedtime. The Herbalife SKIN line includes a Soothing Aloe Cleanser developed for normal-to-oily skin.

### **Is drinking water important for my appearance?**

Yes, drinking plenty of water throughout the day ensures proper hydration of the body, which helps the skin look soft, supple and more youthful. When you keep your body hydrated, your overall appearance from head to toe will benefit. This includes improved appearance of the skin and healthier hair and nails. It is recommended to drink six to eight glasses of water a day. But remember not to drink too much fluid two to three hours before going to bed. This may cause morning under-eye puffiness!

### **Does skin color or ethnicity affect skin care?**

All skin is subject to a range of problems, regardless of skin color or ethnic background. Whether it is dry or oily, blemished, wrinkled, sensitive or sun damaged, all men and women share similar issues. Everyone can and will benefit from a healthy diet and good skin care regimen.

### **How can men prevent skin irritation from shaving?**

A man's skin can be just as sensitive as a woman's. Daily shaving can be very irritating and in some cases can lead to painful shaving bumps. Applying aftershave lotions, which are primarily alcohol-based, often causes irritation and can be dehydrating to the skin. Instead of aftershave, apply the alcohol-free Herbalife SKIN Energizing Herbal Toner, containing witch hazel. If you experience razor bumps or other minor skin abrasions, apply the Herbal Aloe Soothing Gel for comforting relief.



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

