

CETAPHIL HEALTHY SKIN ROUTINE

Developed by dermatologists and trusted by beauty insiders, Cetaphil believes your best skin is healthy skin.

Step 1

Gentle Skin Cleanser Oily Skin Cleanser

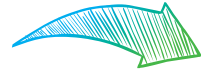
Cleanse your face and body

Choose the soap-free Cetaphil cleanser for your skin type:

- Gentle Skin Cleanser - For sensitive / dry skin



- Oily Skin Cleanser - For oily / combination skin



Moisturising Cream

Step 2

Moisturise your face

Cetaphil Moisturising Cream is suitable for all skin types.



Step 3

Moisturising Lotion

Moisturise your body

Cetaphil Moisturising Lotion is clinically proven to bind water to the skin and prevent moisture loss.



YOUR HEALTHY SKIN ROUTINE

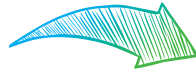


GETTING HEALTHY-LOOKING SKIN ISN'T ABOUT COMPLEX ROUTINES, JUST SOME SIMPLE STEPS:

Step 1

Cleanse your face and body

- Harsh detergents in soap can strip skin of its natural moisturising oils, adding to dryness, irritation, and inflammation. Using milder, skin ph-friendly soap-free cleansers won't deplete these natural oils.
- It's better to use warm water for washing. Hot water washes away your skin's natural oils and moisture faster.
- Avoid irritating your skin with harsh scrubbing, particularly on your face when cleansing, and gently pat your skin dry with a towel after washing.



Step 2

Moisturise your face

- Moisturising creams help to both rehydrate and prevent moisture loss, helping skin maintain its natural protective barrier and tolerance to irritation.
- It seems counter-intuitive, but even oilier skin types still need to moisturise after cleansing. Look for moisturisers that are 'non-comedogenic' - meaning they won't block pores.
- When used regularly, moisturisers help skin feel soft, smooth and comfortable, whilst looking visibly healthy.



Step 3

Moisturise your body

- Don't forget your body! Daily hydration with a moisturiser should include the skin of the whole body, not just the face.
- Non-comedogenic moisturisers won't block pores - especially important when moisturising skin on the chest and back areas.



Skin's natural healing and renewal cycle takes around 28 days. This is why you can try Cetaphil products for up to 30 days, with the brand promise of visibly healthier skin or a full refund, no questions asked.

Go to healthyskinsecrets.marieclaire.co.uk where we'll be revealing even more healthy skin secrets and to find out all about the complete Cetaphil range and the money-back guarantee terms and conditions.



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