



If you have dry skin stay away from harsh soaps and make sure your skin is moisturized.

How To Care For Your Dry Skin

Step 1:

- Use a mild soap like Cetaphil, Dove, or Basis ONLY on your face, underarms, and groin (just plain water should hit your arms, legs, neck, back, and chest - water gets these areas perfectly clean without soap. You will not smell when cleansing with water only).



Step 2:

- Use Cerave or Cetaphil lotion or cream at least three times per day on your legs, arms, back, neck, and chest (when you wake up, go to sleep, and after you shower).



Step 3:

- If your dry skin is severe, you may also need to buy a small humidifier for your hotel room and your bedroom.

