

DR. DAVID BANK

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red zone

You probably thought pimples were a high school thing like late passes and SAT words. Not—over 30 million Americans struggle with adult-onset acne, and even those who got off scot-free as teens aren't exempt. Unfortunately, women break out more than men, thanks to a perfect storm of genes, stress and fluctuating hormones that triggers oil production. Trouble spots this time around tend to be the jawline, neck and chest, says David Bank, M.D., a dermatologist in Mount Kisco, New York.

The advertisement features a woman's face on the left and a list of 'treatments to try' on the right. The 'hands-off policy' section is highlighted with a red circle. Below the woman's face is a 'skin-win proposition' section.

treatments to try
 Acne products usually occupy an entire aisle in the drugstore. What to choose depends on your goal. Find yours here. Then clear it!

- GET IT OFF YOUR FACE:** Neutrogena Clear Pore Wash, \$12. This non-foaming cleanser gently exfoliates and unclogs pores, leaving skin soft and clear.
- SOOTHE SENSITIVITY:** Proactiv Clear Pore Wash, \$12. This non-foaming cleanser gently exfoliates and unclogs pores, leaving skin soft and clear.
- SEA TO SKIN:** Neutrogena Clear Pore Wash, \$12. This non-foaming cleanser gently exfoliates and unclogs pores, leaving skin soft and clear.
- RESIST REDNESS:** Neutrogena Clear Pore Wash, \$12. This non-foaming cleanser gently exfoliates and unclogs pores, leaving skin soft and clear.
- ADDRESS ACNE:** Neutrogena Clear Pore Wash, \$12. This non-foaming cleanser gently exfoliates and unclogs pores, leaving skin soft and clear.

hands-off policy
 One of the best things you can do for your skin is to keep your hands off it, says Dr. Bank. In other words, don't do stuff like prop your cheek or chin up with your hand. Your cell phone also harbors bacteria that can transfer to you whenever you press the receiver up against your ear and face. A dirty pillowcase is another potential troublemaker, as is any hair product that contains pore-clogging oils or emollients. Wash your face every night, making sure to clean the hairline, where breakouts often begin. *Shirt: Song.*

skin-win proposition
 Clear skin means more visible cleavage and a more confident you. The key is to keep your skin clear and healthy. When you're in the mood, use your hands to gently massage your skin with a clean, soft cloth. This helps to remove dead skin cells and unclog pores. For more information, visit www.drdaivobank.com.

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