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## How to keep skin hydrated

PROPER hydration is vital to overall health—it promotes healthy muscles, aids in digestion, and keeps skin smooth, clear, and plump. Drinking water is the simplest and easiest skin care routine. Aside from the moisturizing properties, it helps release toxins from the body and stops the buildup of dead skin cells.

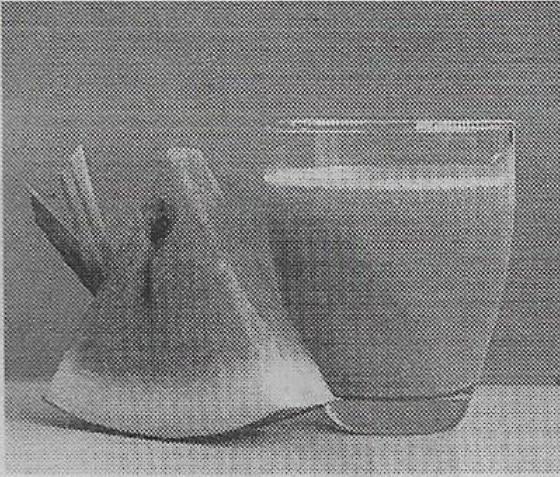


### **Drink as much as 3 liters of water**

The body loses water when it perspires. The hot summer weather, exercise, and other strenuous activities can trigger eccrine glands to release sweat, thus a person needs to have enough liquid for normal body functions.

Men are required to drink at least 3.7 liters of fluids a day, while women must consume about 2.7 liters of water a day.





## **Eat water-rich fruits and vegetables**

Aside from consuming liquids, an individual can also get water from fruits and vegetables such as watermelon, cucumbers, corn, tomatoes, squash, berries, and peaches, among others.

Whip up a fresh salad, cold soup, low calorie drink, or refreshing ice pops using these water-rich ingredients.

## **Use a skin hydrating system**

Address skin problems like blemishes and breakouts with a complex moisturizing and skin hydrating system like Proactiv+ 3 Step Skin System, which uses the Smart Target technology to deliver anti-acne formulation directly to the pores.

The 3-step system starts with the Smoothing Exfoliator. After washing with a facial cleanser to remove dirt, oil, and other impurities, apply the exfoliator on damp skin. Give the face a two-minute massage before rinsing with warm water.

The second step is the Pore Targeting Treatment which stops acne at the source. The blemish-fighting solution is directly applied on the pores by spreading it evenly all over cheeks, forehead, nose, and chin. Leave on face until full absorption.

The final process of the Proactiv+ 3 Step Skin System repairs the skin with the Complexion Perfect Hydrator. The moisturizer heals redness, helps dimin-

