# Invest in Your Skin

## Progression Quer Perfection

### **Choose The Right Cleanser**

- Salicylic gel or benzoyl peroxide washes are for oily or acne-prone skin.
- Moisturizing glycolic or milky cleansers are for dry mature skin.
- Brightening wash, such as alpha hydroxy

acid cleansers are for skin with brown spots or melasma.

#### Moisturiser is a MUST

 Use a moisturiser right after getting out of shower and before you go to bed

### Don't Get Sun Burned

 Not only should you avoid the sun, but being too close to heaters and fireplaces can also be harmful to your skin.

