

# HOW TO PERFORM A SKIN SELF-EXAM



Examine your body front and back in the mirror, then right and left sides, arms raised.



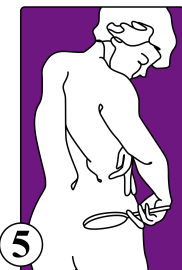
Bend elbows and look carefully at forearms and upper underarms and palms.



Look at the backs of your legs and feet; spaces between the toes and sole.



Examine the back of your neck and scalp with a hand mirror. Part hair for a closer look.



Check your back and buttocks with a hand mirror.



**You can help us raise awareness  
and crush the media hype that  
tanned skin is beautiful.**

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