

FOR IMMEDIATE RELEASE

Control Corrective Skincare Systems® Recognizes National Healthy Skin Month with the Recipe for a Glowing Complexion and a Product Giveaway
Pro skincare brand advises on #skin food to indulge in this winter

IRVINE, CA (October 15, 2015) – Hungry for healthy skin? Since National Healthy Skin Month shares November with the most famous feasting holiday, [Control Corrective Skincare Systems](#) has cooked up a recipe for a complexion worthy of celebration.

The clinical-based skincare brand beloved by the facialist of Jessica Alba, Rosie Huntington-Whitely, Chrissy Teigen and more, recommends **four skin health essentials** to indulge in this season, and yes – you can eat them.

To feed skin all winter long, **Control Corrective** advises a **healthy portion of both professional skincare products and tasty delights that contain the complexion’s most important vitamins: A, D, C & E.**

Dig into the following regularly to secure skin that is deliciously glowing and gorgeous:

INGREDIENT #1:Vitamin A – Helps treat sun damage and break down cellulite

- *EAT:* Carrots, sweet potatoes and leafy greens
- *APPLY:* [Control Corrective Collagen Eye Defense](#) (MSRP: \$42), a lightweight, moisturizing eye cream with botanicals, antioxidants and lipids, that gently plumps surface dehydration; and [Control Corrective Ceramide Daily Cream](#) (MSRP: \$36), a rich and silky moisturizer for all skin types that helps fight free radical damage

INGREDIENT #2:Vitamin D – Helps reduce spots and growths

- *EAT:* Salmon, milk and eggs
- *APPLY:* [Control Corrective Aroma Matte Day Cream SPF 30](#) (MSRP: \$49), a powerful combination of non-greasy moisture and microfine zinc sun protection, with antioxidants, green tea and aloe vera

INGREDIENT #3:Vitamin C – An antioxidant that reduces signs of aging, helps regenerate Vitamin E and provides sun protection

- *EAT:* Citrus fruits
- *APPLY:* [Control Corrective Crystal C Serum](#) (MSRP: \$66), a hydrator and brightener that helps fight the signs of aging; and [Control Corrective Retinol C Serum](#) (MSRP: \$68), a daily serum that reduces fine lines, dark spots and breakouts

INGREDIENT #4:Vitamin E – An antioxidant that helps protect from sun damage and aging

- *EAT:* Peanuts and other nuts
- *APPLY:* Control Corrective Ceramide Daily Cream (detailed above)

#SKINFOOD GIVEAWAY

More food for thought? Now that Control Corrective has shared the recipe for a healthy complexion, they want to know, how do you feed *your* skin?

To be entered for a chance to win a [Control Corrective Cucumber Bead Cleanser](#) (1oz.), “like” [Control Corrective on Facebook](#), then share a photo of your fabulous skin with a caption that includes:

- The no-fail winter skincare tip you swear by
- Your favorite seasonal food/recipe incorporating skin-essential vitamins
- The hashtags #ControlCorrective, #NationalHealthySkinMonth and #SkinFood

Control Corrective Skincare Systems products are available through skincare professionals nationwide and at www.controlcorrective.com.

Control Corrective Skincare Systems puts the power of beautiful skin into your hands. A clinical-based skincare brand since 1997, Control Corrective Skincare Systems offers comprehensive, collection-based skincare for both the professional seeking to offer superior professional solutions or the consumer looking for a user-friendly home care regimen. Available at finer salons and spas nationwide, the line offers a full range of skin care products that utilize the highest quality ingredients along with natural extracts, vitamins and essential oils. www.controlcorrective.com.

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