



STRETCHING YOUR BEAUTY BUDGET

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Grooming and the proper use of cosmetics can help you keep your age a secret. Cosmetics do not have to be expensive to do a good job.

Ask a salesperson or beautician to help you choose flattering cosmetics and colors.



Fancy bottles add to the cost of cosmetics. You can usually get more of the cosmetic for the same cost when you buy a plain container.

Buy only the amount you will use before the product dries out or the color or consistency changes.



Our magic cream will make
you beautiful in 10 days!

Where you buy a product is not as important as *what* you buy. Most cosmetics cost less at a discount store than at a specialty store.

Beware of fancy sales pitches. No cosmetic will perform magic.

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Make a list of what you need. Buy only what is on that list.

Read labels carefully and follow instructions exactly. If you do not understand some terms on the label, ask a salesperson to explain them.



If a cosmetic causes skin problems or eye irritation, stop using it and report the problem to the company that made the product and to the Food and Drug Administration. The company's address is on the label or packaging. The FDA's address is:

Food and Drug Administration
Suite 470 - B
500 South Ervay
Dallas, Texas 75201



Avoid letting children play with cosmetics. If cosmetics are not used properly, they can be harmful.

Avoid using someone else's make-up because it may contain germs that could infect you.

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