

Kiss AWAY BREAST CANCER

Please join us in the fight against breast cancer and help us to create awareness!

STEP 1 Try on one of our Mary Kay lip colors.

STEP 2 Take a selfie with the lip color.

STEP 3 Text me your picture to go in the drawing for a Kiss Away Breast Cancer Pampering Package.

The Mary Kay Ash Charitable Foundation has given more than **\$26 Million** to cancer research.



Kiss AWAY BREAST CANCER

Please join us in the fight against breast cancer and help us to create awareness!

STEP 1 Try on one of our Mary Kay lip colors.

STEP 2 Take a selfie with the lip color.

STEP 3 Text me your picture to go in the drawing for a Kiss Away Breast Cancer Pampering Package.

The Mary Kay Ash Charitable Foundation has given more than **\$26 Million** to cancer research.



Kiss AWAY BREAST CANCER

Please join us in the fight against breast cancer and help us to create awareness!

STEP 1 Try on one of our Mary Kay lip colors.

STEP 2 Take a selfie with the lip color.

STEP 3 Text me your picture to go in the drawing for a Kiss Away Breast Cancer Pampering Package.

The Mary Kay Ash Charitable Foundation has given more than **\$26 Million** to cancer research.



Kiss AWAY BREAST CANCER

Please join us in the fight against breast cancer and help us to create awareness!

STEP 1 Try on one of our Mary Kay lip colors.

STEP 2 Take a selfie with the lip color.

STEP 3 Text me your picture to go in the drawing for a Kiss Away Breast Cancer Pampering Package.

The Mary Kay Ash Charitable Foundation has given more than **\$26 Million** to cancer research.

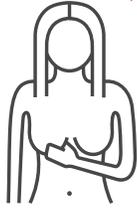


Breast Self-Exam



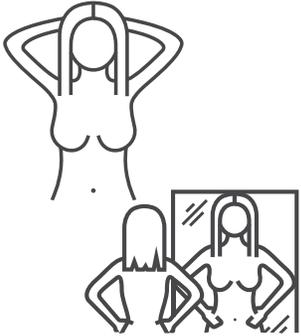
IN THE SHOWER

- With fingers flat, move hand gently over each part of each breast.
- Use right hand to examine left breast, left hand for right breast.
- Check for any lumps, hard knots or thickening.



BEFORE A MIRROR

- Inspect your breasts with arms at your sides.
- Next, raise your arms high overhead.
- Look for any changes in contour of each breast: a swelling, dimpling of skin or changes in the nipple.
- Then rest palms on hips and press down firmly to flex your chest muscles.
- Left and right breast will not exactly match – few women's breasts do.



LYING DOWN

- Put pillow under right shoulder.
- With fingers flat, press gently in small circular motion; then squeeze nipple.
- Check for discharge and lumps.

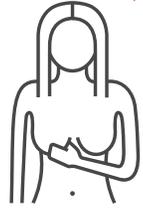


Breast Self-Exam



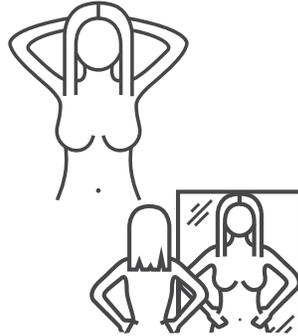
IN THE SHOWER

- With fingers flat, move hand gently over each part of each breast.
- Use right hand to examine left breast, left hand for right breast.
- Check for any lumps, hard knots or thickening.



BEFORE A MIRROR

- Inspect your breasts with arms at your sides.
- Next, raise your arms high overhead.
- Look for any changes in contour of each breast: a swelling, dimpling of skin or changes in the nipple.
- Then rest palms on hips and press down firmly to flex your chest muscles.
- Left and right breast will not exactly match – few women's breasts do.



LYING DOWN

- Put pillow under right shoulder.
- With fingers flat, press gently in small circular motion; then squeeze nipple.
- Check for discharge and lumps.

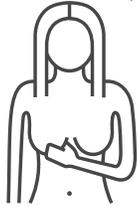


Breast Self-Exam



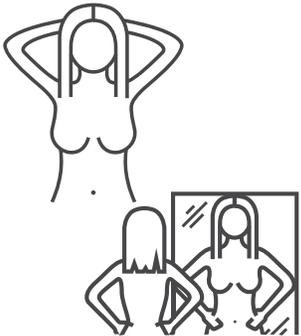
IN THE SHOWER

- With fingers flat, move hand gently over each part of each breast.
- Use right hand to examine left breast, left hand for right breast.
- Check for any lumps, hard knots or thickening.



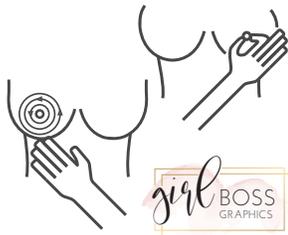
BEFORE A MIRROR

- Inspect your breasts with arms at your sides.
- Next, raise your arms high overhead.
- Look for any changes in contour of each breast: a swelling, dimpling of skin or changes in the nipple.
- Then rest palms on hips and press down firmly to flex your chest muscles.
- Left and right breast will not exactly match – few women's breasts do.



LYING DOWN

- Put pillow under right shoulder.
- With fingers flat, press gently in small circular motion; then squeeze nipple.
- Check for discharge and lumps.

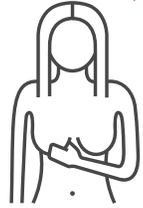


Breast Self-Exam



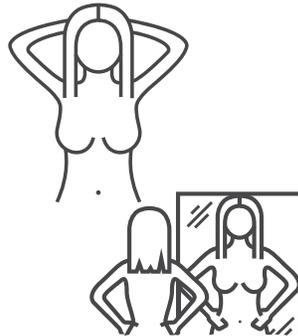
IN THE SHOWER

- With fingers flat, move hand gently over each part of each breast.
- Use right hand to examine left breast, left hand for right breast.
- Check for any lumps, hard knots or thickening.



BEFORE A MIRROR

- Inspect your breasts with arms at your sides.
- Next, raise your arms high overhead.
- Look for any changes in contour of each breast: a swelling, dimpling of skin or changes in the nipple.
- Then rest palms on hips and press down firmly to flex your chest muscles.
- Left and right breast will not exactly match – few women's breasts do.



LYING DOWN

- Put pillow under right shoulder.
- With fingers flat, press gently in small circular motion; then squeeze nipple.
- Check for discharge and lumps.

