

How to Perform a Skin Self-Exam



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



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



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



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



Finally, check your back and buttocks with a hand mirror.

