

Say “No” to Scaly Skin this Winter



Love silky, smooth skin? With a bit of care now, you can prevent your skin from ever taking on that scaly, lizardy look so common in the harsh, winter months. What is the problem with winter skin, anyway? Why does it tend to get so miserably dry and flaky? Basically, you can blame it on the weather. Winter’s frigid air temperatures and icy winds have a way of wrecking havoc on skin. On top of that, add a bit too much central heating and you’ll have a disaster on your hands (and face and feet and arms).

So what can you do to winterize your body and keep your skin touchable? Here are a few tips you may want to consider:

Keep your insides hydrated by drinking lots of water. What you put into your system has a way of reflecting on the outside of your body.

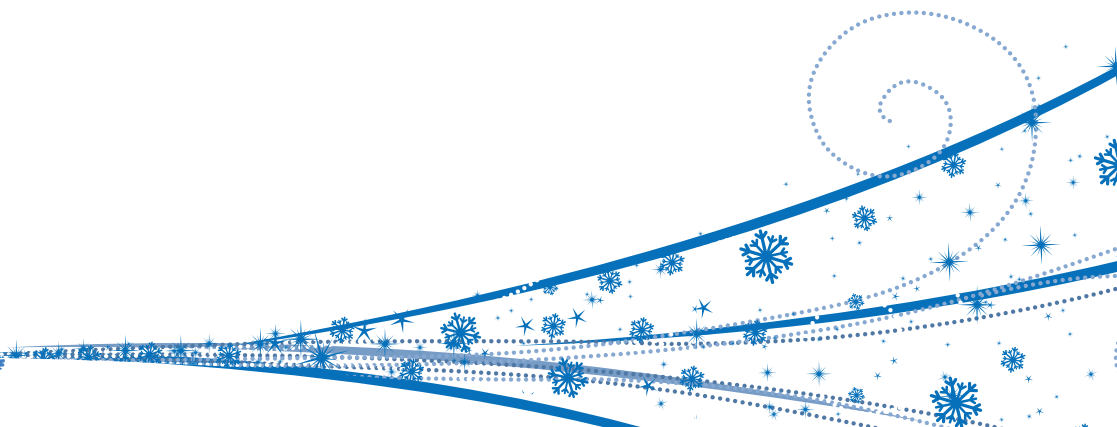
Don’t take hot showers or baths. Keep it cool. Hot water can really rob your skin of its moisture.

Use a water-soluble cleanser on your face. Not soap. The latter will remove protective oils and leave your complexion vulnerable to the elements.

Exfoliate regularly. Exfoliation removes dead skin. Use a mild product on your face and a heavy-duty salt or sugar scrub on your body. Doing so will help eliminate toxins and promote cellular renewal.

Moisturize. Moisturize. Moisturize. There are many ways to moisturize. After showering cover your body with almond or sesame oils or a rich Shea or honey butter. Use creams instead of lotions to keep your skin super soft throughout the day.

Keep your lips kissable. Prevent chapping and cracking by using a non-petroleum based lip balm.



Don't forget the sunscreen (SPF 15) especially on your face. Even though you aren't planning to sit by the pool, use sunscreen anyway. It will help prevent the sun's damaging rays from affecting your complexion.

Stay away from alcohol and caffeine as much as possible. Both are highly dehydrating.

Spoil yourself now and then with a professional hydration/rejuvenation treatment at a spa. Not only will you feel great, you will undoubtedly look amazing as well.

One last item: your hair suffers the same type of exposure during winter as you skin does. So be sure to care for your tresses as lovingly as you do your skin.



A



B



C



D



E



F

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B. CCR-5460	Diet Coke™ 12 pack, 12 oz. cans	\$4.99 pk
C. CCR-5461	Sprite™ 12 pack, 12 oz. cans	\$4.99 pk
D. CCR-8630	Nestea™ 12 pack, 12 oz. cans	\$4.99 pk
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F. NLE-101243	Poland Spring™ water 24-1/2 liter bottles	\$7.48 cn

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