

Fall Flair

Basic Rules To Help Your Legs Look Their Best

(NAPSA)—Leaves turn, temperatures drop and hemlines rise. From schoolgirl plaid to bold denim, mini-skirts are the hottest trend off the catwalk. For those who dare to bare it all this autumn, it's important to remember to properly care for your skin and protect it from the changing elements.

“As the weather begins to change, one important thing to remember is that the shift in temperatures will cause your skin to become drier and as a result, can sometimes appear flaky and scaly,” says Dr. Debra Jaliman, New York dermatologist and Reflect.com beauty advisor. “To maintain smooth, hydrated skin you need to adjust your skincare regimen to meet your individual needs for the season. Switching to a heavier body cream and deep-penetrating products is a must.”

To achieve luxurious legs worth showing off in one of the teeny-tiny skirts this fall, follow these tips from Jaliman, whose advice can be seen in the pages of women's top beauty magazines.

- **Get Fresh**—Wake up and revitalize your skin in the morning by using a fragrant body wash that pleases your sensory preferences. Cleansing your body of any residual overnight buildup will give it a healthy, light glow and invigorate tired legs.

- **Smooth Operator**—For those of you who shave, before you grab that razor, take a minute to exfoliate. Scrubbing limbs rids your body of unwanted skin cells past their prime and helps prevent ingrown hairs.

Try using a customized body scrub that's best for your individual needs. The smooth surface will provide for a much closer and razor-friendly shave.

- **Lotion Commotion**—As soon as you finish your shower don't forget to restore lost moisture to your skin by applying a lotion



The cool winds of autumn may leave legs less than velvety smooth.

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The cool autumnal winds tend to leave legs less than velvety-smooth, so you may even want to take some on the road for later. After all, dry, scaly skin is never a pretty sight, especially under a mini-skirt.

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