

Beauty Tips

Beauty Tips To Try When It's Blustery

by *Diane Irons*

(NAPS)—What better season to boost your beauty quotient than winter with its chilly temperatures, blustery winds and low humidity? You can make winter a more beautiful season by learning a few defense tactics.



Diane Irons

Q: Winter weather seems to make my skin drier each year. Is there any way to prevent this?

A: When the weather turns cold, shorten showers and baths, switch to tepid water and use less soap. Avoid bubble baths since the detergents they contain can dry out skin. Switch to bath oils and apply moisturizer before stepping into the bath so the steam can accelerate the benefits.

Honey is a great humectant and can be used once a week as a mask. Gentle exfoliants can benefit chapped areas of skin. Also, use a humidifier to moisten indoor air.

Q: Are the best moisturizers the most expensive ones?

A: No. Solid vegetable shortening, such as Crisco, is a beauty trick used by many celebrities to remove makeup and moisturize skin. Hospitals even use it to treat psoriasis and eczema.

One way to accelerate the benefits of any moisturizer is to apply a light protective layer of petroleum jelly over it.

Q: What's the best way to protect hands and feet from winter damage?

A: Each time you moisturize your face, also moisturize your hands.

Once a week, sleep with bag balm (available at drugstores) slathered on hands, covered by cotton gloves. Originally called udder balm, this rich salve was created to treat cows' chapped udders.

For a reviving treat, melt a bar of paraffin wax in a microwave. Wax will be ready to use when it has cooled and is comfortable to the touch. Dip hand in and let it harden. Remove and rinse.

Use alpha hydroxy moisturizers on feet and moisturize before putting on hose. At least once a week, apply a rich moisturizer and sleep in a pair of socks.

Q: My scalp dries out in the winter. Do I need to use dandruff shampoo?

A: For flaky scalp and dandruff, add ten drops of tea tree oil to one ounce of shampoo and massage vigorously into scalp once or twice a week.

Q: Every winter I gain at least five pounds. Why does this happen and how can I avoid it?

A: People gain weight during the winter months because activities are curtailed and they crave warm, often starchy foods. One dieting trick is to keep bouillon cubes on hand and sip broth throughout the day. When colder temperatures discourage exercise such as walking, it may be wise to invest in a treadmill and keep it in sight.

Diane Irons, former model and journalist is the author of three "beautiful" books, The World's Best-Kept Beauty Secrets, The World's Best-Kept Diet Secrets and 911 Beauty Secrets (Sourcebooks, Inc.).