

Cold-Weather Skin Care

(NAPSA)—Taking extra care to protect your skin during the colder months could help you put your best face forward year-round.

Experts say low humidity and frigid temperatures can cause serious damage to the skin's protective lipid barrier, leaving people vulnerable to painful cracking, flaking and breakouts, in addition to eczema, flare-ups, sensitive skin and other issues.

Fortunately, simple things, such as using a humidifier to add moisture to indoor air, keeping skin covered when you head outdoors and using the right types of moisturizers and balms, can help.

Here are a few extra skin care tips from Annet King, director of global education at The International Dermal Institute, which provides postgraduate education in skin care and body therapy.

Watch What You Wear

If you get dry skin, winter itch or eczema, avoid wearing nylons, wool sweaters and synthetic clothing that could cause added irritation. Instead, opt for layers of soft, breathable cottons or other natural fibers.

Better Baths

Try to avoid shower and bath products that have artificial fragrances, as well as high-foam products, as many of these could dehydrate the skin. Alternatively, you might add a few pumps of oil to your bath. King recommends Dermalogica's Stress Relief Treatment Oil and Conditioning Body Wash for their soothing and moisturizing effects.

About Face

King says you can protect your



A humidifier, healing balms and heavy facial creams could help protect skin.

face from the elements by using a heavier-weight cream such as their Super Rich Repair. It's packed with shea butter, vitamin E, borage seed and evening primrose oils and peptides—each of which helps repair and safeguard skin. Also, if it's very cold, apply healing balms on exposed areas such as lips, the nose and cheekbones for extra protection and healing.

Skin Care Menu

Alcohol, caffeine and high-sodium foods could worsen some skin care issues. You might help your skin—and waistline—by drinking plenty of water and adding healthy oils from fish, seeds and nuts to your diet.

For more information, visit www.dermalogica.com.