

Skin Sense

facts from the experts

Don't Let Harsh Weather Play Havoc On Your Skin

(NAPSA)—Cold weather outside and dry heat inside can be especially harsh on your skin. Fortunately, you can protect yourself.

First, while taking a hot, steamy shower sounds like a great way to warm up on cold mornings, hot water actually removes moisture from your skin. Instead, try to minimize your morning shower time, and use a water temperature that is slightly warmer than lukewarm.

After your shower, it's time to rehydrate. The best time to moisturize your skin is actually right after getting out of the shower, while your skin is still damp. Applying body lotion to wet skin helps trap water, preventing moisture from evaporating.

Don't forget to pay attention to your cuticles and lips. Nail cuticles and lips tend to dry out more quickly than the rest of your body and can be especially painful when they chap or crack. You can keep them moisturized by applying cuticle cream and lip balm. Make it a part of your post-shower routine.

Exfoliating skin is also extremely important, but is something often overlooked. Built-up dead and flaky cells can block moisturizers from penetrating the surface of the skin. Removing this buildup not only helps hydrate skin but makes it look fresh and



Shaving is an excellent way to exfoliate dry skin all winter long.

radiant. Use a body scrub or loofah to slough away dry skin.

Shaving is also an excellent way to exfoliate. It effectively removes dead skin cells, so you should keep shaving regularly all winter long. While you're at it, consider using a shave cream that has aloe, such as Pure Silk Moisturizing Shave Cream, to help you moisturize your legs. Available in eight delicious scents, it prevents the kind of dryness that is often experienced after shaving with only soap and water.

To help keep your skin looking and feeling its best this winter, consider supplementing your skin care routine by exfoliating and using moisturizing skin care products.