

Skin Care News & Notes

It's Cold Outside—Do You Know Where Your Soft Skin Is?

(NAPSA)—Cold weather advisory: Snow mixed with sleet, turning to freezing rain, temperatures dropping to the high teens and low twenties. Winds of forty miles per hour, making the temperature outside feel more like four degrees. This should be continuing through to the weekend, so bundle up out there! It's gonna be a cold one!

Cold weather is tough on skin. What with the freezing windy weather outside and indoor heating sucking away any existing moisture inside, our skin can become seriously dehydrated, turning flaky and rough. Our arms feel like fish scales and our legs get so jagged, even pantyhose don't stand a chance. There might not be too much you can do about the weather, but there's plenty you can do to keep things soft and moisturized around you and on you. Follow these helpful and easy steps, and you should see—and feel—softer skin way before the thermometer starts inching back up.

Water is good. Splurge on the ten bucks and buy yourself a humidifier. They helped unclog our noses as kids, and they help keep things less arid in our homes. Remember to fill it every day and clean it about once every two weeks.

Tepid showers. The hotter the water temperature, the more it dries out our skin. Turn the heat down on the water to a level that you can handle without it being uncomfortable or chilly.

Scrub away. Those dry flaky scales are basically dead skin that needs to be removed with a hearty scrubbing. Pour your favorite (creamy) body cleanser on a loofah or body brush and concentrate on wherever the dryness is—usually backs of arms, elbows, knees and calves.

Water is good, Part II. Water on your skin is even better than being in the air. You can capture a good amount of what's left on your body from the shower by dousing on the body moisturizer as soon as you turn the faucet off. Applying it when you're still wet from the shower, maximizes the moisturiz-



ing effect. Of course, things can get kind of messy, so save the extra slathering for evening showers or baths. Some of it will disappear into the air, but getting into this habit on a daily basis can really soften things up.

Water is good, Part III. If there was ever an important time to keep yourself hydrated, it's now. Try to drink at least eight glasses of water a day. Down a couple of glasses in the bathroom in the morning, keep a bottle at your desk at work, and chug away during workouts and meals.

So, in between those eight glasses, what's the best stuff to use on the outside of yourself? Fortunately, good skincare doesn't have to have an expensive price tag attached to it. Choose a moisturizer that protects, feels comfortable on, and is gentle to skin. And when it comes to a body moisturizer, choose one that's rich in feel, but not sticky-tacky, and sinks in quickly enough so you don't have to wait to put on that silk blouse. **Aveeno®** Daily Moisturizing Lotion is an excellent choice. The **Aveeno®** name has been around for decades, so you know you can trust it, and it's synonymous with gentleness, so even the most sensitive skin types can use it.

So, hydrate on the inside, slather on the outside, and don't forget your mittens.