

Beauty Basics

Keep Skin From Drying Out

(NAPSA)—When the seasons change, does your skin care routine follow suit? It is important to shield skin from shifting weather conditions.

It may be called the “great outdoors,” but damaging UV sun rays can even break through clouds, and wind can chap and crack skin. How



Use a nutrient-rich lotion on a daily basis.

can you beat Nature at its own game? Prepare now to effortlessly transition into next season’s challenge. Here are a number of easy ways to protect your skin:

- **Reduce sun exposure:** On top of consistent SPF application, wearing a hat and sunglasses will aid in the fight against UV harm. Keep it relevant and stylish—be it a knitted beanie for winter or aviators for the summer.

- **Nourish from the inside out:** Drinking loads of water and eating hydrating foods such as dark green veggies or watermelon will keep your exterior from being parched.

- **Moisture more:** Using a nutrient-rich, fast-absorbing lotion on a daily basis, such as Lubriderm Daily Moisture Lotion, will keep skin healthy and comfortable. Skip a trip to the doctor’s office and slather on this dermatologist-developed formula.

Don’t be afraid to depart from the norm. Use these tips as a starting point to explore new trends and tricks.