

Take A Hands-On Approach To Winter Skin Care

Tips On How To Keep Your Skin Looking And Feeling Healthy

(NAPSA)—As the temperature and humidity drop outside, many people crank up the heat inside. What they don't realize is that dry heat causes skin to lose moisture, leading to problems such as dry or cracked skin. Research shows that 60 percent of adults in America suffer from cracked skin—particularly during the colder months.

“Winter air can rob skin of its moisture, causing it to weaken and lose its capacity to repair itself,” says David E. Bank, M.D., director of the Center for Dermatology, Cosmetic & Laser Surgery in Mount Kisco, New York and author of the book *Beautiful Skin*. “In fact, the skin is more sensitive in the winter because it's drier and more dehydrated.”

Here are some suggestions from Dr. Bank on how to care for your skin during the chillier months:

- Take one quick, lukewarm shower per day and use a mild cleanser. Taking an extremely hot or cold shower causes the skin to lose more moisture. After showering, pat dry and while still in the bathroom, apply a non-greasy moisturizer to your skin.

- Use only fragrance-free laundry detergents when washing clothes, and do not use fabric softeners in the dryer. Harsh detergents and fabric softeners can irritate dry or sensitive skin.

- When you wash your hands, use the mildest antibacterial cleanser you can find.

- Wear latex or plastic gloves



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when washing dishes. Hot water can dry out your hands.

- Use a good moisturizer on your hands. Apply it before going to bed at night, so the moisturizer has the greatest amount of time to penetrate the skin.

- Apply moisturizer in layers to avoid getting dry, cracked areas on your skin. However, if you suffer from skin cracks, apply Nexcare skin crack care daily until healed. Nexcare skin crack care is a clear, waterproof formula that promotes healing of skin cracks by creating a flexible, invisible cover over the affected area. It contains natural ingredients such as vitamin C, vitamin E and tea tree oil.

- Just because the weather is cold doesn't mean you can't get sunburn. Remember to wear sunscreen, especially when enjoying an outdoor sport. Also, wear gloves and scarves to protect your face and hands from the drying, irritating effects of cold wind.