

# SKIN SENSE

## Facts From The Experts

### Protecting Yourself From Harsh Winter Weather

(NAPSA)—When winter sends its icy chill your way, the weather outside isn't the only thing that's frightful. Harsh winter weather can wreak havoc on your skin, hair and nails.

Here are some tips from the experts at Sally Beauty Supply to help you assemble a winter survival kit:

- **Hair**—Cold weather can pull natural moisture from your locks, creating frizzy, flyaway hair and split ends. Look for a moisturizing shampoo to restore some of that lost moisture. Some ingredients to look for are panthenol pro-vitamin B5, and wheat and keratin proteins that will help add strength and shine to your hair. In addition to your normal conditioner, an intensive conditioner is recommended. Once a week should be sufficient for fine hair, but curly or coarse hair may need a treatment up to three times a week. Don't forget a leave-in treatment to make combing easier and to seal the hair's cuticle. Beyond the Zone Protein Cocktail is a great protection against split ends.

- **Skin**—When skin is exposed to the cold weather, it can become chapped and, in severe cases, even cracked. There are a few simple steps to keep skin healthy during the winter months. Exfoliating helps remove the top layer of dead skin cells. This allows you to moisturize the layers of the skin that will actually absorb the moisture. A sugar scrub is a great way to gently exfoliate without irritating and is also a nice treat. The best time to apply moisturizers is just after a bath or shower; the skin is warm and absorbs the moisture



**A number of beauty products can help protect the hair, skin and nails from the harsh effects of winter weather.**

better. Saturate skin with intense moisture such as a body butter. Moist Hemp is a great choice. This THC drug-free hemp body lotion is an extra-rich complex designed to relieve very dry and rough skin.

- **Nails**—Winter is harsh on nails and cuticles, too. Luckily, there are moisturizing products specifically made to care for them. All Season Conditioning Stick contains shea butter, jojoba oil and avocado oil, and the convenient size makes it easy to carry in a purse or a pocket so you can reapply throughout the day. In addition, nails can become brittle during the winter months, so incorporate a nail strengthener into your routine. Most apply just like polish and can be used alone or over polish. Follow up with a moisturizer for hands and nails. Correctionist Age-Reversing Hand Treatment reverses skin damage and the aging process on hands, as well as sealing in moisture.