

Skin Health

facts from the experts

Put A Damper On Dry Skin Difficulties

(NAPSA)—You can save your own skin from the cooler temperatures and low humidity that absorb the moisture right out of your skin, leaving you feeling dry and itchy. Here are three important steps:

- First, moisturize to keep skin hydrated and healthy looking.
- Next, drink plenty of water.
- Finally, to help skin stay hydrated, dermatologists recommend moisturizing on the inside as well as on the outside as part of a complete skin care regimen. That's why using a humidifier is so important. A humidifier can reduce dry skin and keep wrinkles at bay—all while you sleep.

"Researchers are learning that skin works harder to rejuvenate itself on the night shift," adds Alex Khadavi, M.D., an associate professor of dermatology at the University of Southern California. "Skin cell regeneration is slightly faster at night than during the day," he says. Sheldon Pinnell, M.D., researcher at Duke University, agrees. "Sleep hours are a potent time for your body to repair itself, skin included."

Since cold air holds less moisture, dermatologists recommend using humidifiers to reduce the symptoms of dry skin by keeping humidity levels at 30 to 50 percent. The air inside your house may have humidity levels of less than 15 percent, says Laura Conklin, The Good Moisture Messenger at Kaz, Inc., global manufacturer and



To win the battle against dry, flaky skin—moisturize your home environment.

marketer of humidifiers under the Honeywell brand.

Putting a humidifier on the nightstand can help you combat winter dry skin and eczema, and prevent drying and cracking of skin and mucous membranes (for example, the inner lining of your nose).

Today's humidifiers are available in compact units that can fit easily on nightstands or dressers. They are also very quiet, letting you sleep like a baby and awake with your skin refreshed and healthy looking.

Humidifiers can be very easy to maintain and keep clean, especially if you get one with germ-free Ultraviolet technology for fresher moisture.