



### Soothing WINTER Skin



#### Try these tips to promote moisture and Softness for skin this winter as recommended by the American Academy of Dermatology

Winter can take a bitter toll on skin. The drier air often brings drier skin and roughness. It can even lead to painful cracking. Aging can make the dryness worse. As we get older, we have fewer sweat and oil glands. But there are ways to help keep skin soft and healthy all year round. The American Academy of Dermatology and the American Society for Dermatologic Surgery offer these tips for preventing or soothing dry skin:

- **Moisturize.** Moisturizer helps protect against the elements. Apply it right after a bath or shower. That way, water and oils are sealed in. Keep using it throughout the day.
- **Choose warm showers instead of hot.** Limit shower time to 5 or 10 minutes. Hot water dries out the skin. Don't wash your face more than once a day. Instead, rinse it with cool water.
- **Use gentle soaps.** Deodorant bars, antibacterial soaps and perfumed soaps all make skin drier. The same is true for products with alcohol, such as hand sanitizers. Choose mild, fragrance-free soaps or a moisturizing soap substitute.
- **Shave right after a shower.** Hairs will be softer. Using a shaving cream or gel will keep irritation from razor blades to a minimum. Leave the cream or gel on your skin for 3 minutes before starting to shave. Wear gloves outside. It's a simple way to protect your hands from the cold and dry air.
- **Remember the sunscreen.** The sun can be just as damaging in the winter as in the summer. That's especially true when sun reflects off snow. Also, use a lip balm that contains sunscreen.
- **Use humidifiers.** Heated spaces are often dry because the heat takes moisture from the air. Humidifiers put some of that moisture back, helping protect skin. However, people with allergies who require low humidity should be cautious about using humidifiers

#### Home Remedies for DrySkin

**Olive Oil** - Dab a thin layer of extra virgin olive oil under your regular moisturizer. About ½ hour before taking a shower, rub some olive oil on your hands, legs and other areas with dry skin and massage lightly. Take a shower and then apply a light moisturizer. Mix two tablespoons of olive oil, four tablespoons of fine brown sugar, and one tablespoon of honey. Rub this homemade scrub on your dry skin using light, circular motions for a few minutes. Take a shower and then apply a light moisturizer.

**Milk** - Milk has anti-inflammatory and soothing properties that greatly help get rid of dry and itchy skin. Plus, the lactic acid in milk exfoliates dead skin cells and increases the skin's ability to retain moisture. Also, it helps lighten your complexion. Soak a washcloth in cold milk and put the cloth on your dry skin for five to seven minutes. Gently wash off the milk with another cloth soaked in lukewarm water. This way this natural moisturizer will remain on your skin. Do this every other day. Add a few drops of rose water to four tablespoons of milk. Rub this solution all over your body. Leave it on for 10 minutes and wash your body with cold water. Follow this remedy twice daily

**Coconut Oil** - Coconut oil is really good for treating dry skin. It has a good amount of fatty acids that make up for any loss of moisture from the skin. Liberally apply warm coconut oil all over your body before going to sleep. Wash it off in the morning. Do this daily to make your skin soft and smooth. Apply coconut oil on your dry skin after you take a bath or shower. When the skin is warm and supple from your bath, coconut oil is more readily absorbed. Do this daily.