



to protect our skin. You have to adjust for that extra moisture loss by applying heavier amounts of moisturizer. Moisturizers that contain mineral oil, fatty acids, ceramide or glycerin are best. The skin on your face is more sensitive, so try to use moisturizer specifically designed for your skin type—whether oily, normal or dry.

Winter is very hard on your skin. It's important to adjust your skin's routine to accommodate the harsh dryness and colder temperature.

The heat gets turned up as the temperature drops. This creates more of a drain on the moisture in the house. The first changes you notice may be in your hair and your lips. You may see a positive change with your hair. The frizzies created by the humidity are suddenly gone—and for a while, your hair actually behaves. Your lips, however, don't look so good. They start to feel drier and chap more quickly. Lip balms and lipsticks become twice as important in the winter—not only to protect your lips from the sun, but to keep them moist so that they don't chap and become sore. Because of the heat in the home, the air inside becomes drier than the cooler air outside. Adding a humidifier in the bedroom or family room helps tremendously. If you don't have a humidifier, but have an indoor heater or a radiator, you can place a bowl of water nearby to create some humidity. Instead of using your microwave to make that hot chocolate or tea, use a teapot and let it boil a few extra minutes. At shower time, keep your bathroom door closed and let your body soak in the humidity for as long as it's practical. As a side-note, the water on your skin should be warm—never cold or hot. Cold water can actually shock the skin and create small broken vessels on the surface of the skin...especially with the sensitive skin on your face. While hot water feels great on those achy muscles, it actually dries out your skin.

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Hydration can't be overemphasized. You should drink more fluids. Moving from indoors to outdoors continually throughout the day adds to the loss of moisture from the skin. It becomes even more important to add that moisture back into your skin and your body. It was much easier to remember to drink lots of fluids in the summer when you got really

hot from being outside. In the drier winter months, you need to drink just as much water. Starting off the day with a big glass of water might be better than a glass of juice because water hydrates your body and flushes out the toxins from the body quicker than juice. Of course, all fluids help, but water is the most effective and important. It boosts your body's natural defenses and helps ward off infection. Keep in mind that the chance of catching the flu or a cold increases substantially in the colder months, while everyone spends time together in the closed, more confined spaces. Drink lots of water!

During the summer months, you protected your skin from the harsh exposure to the sun. That should not change. Daily applications of sunscreen are still vitally important in the fall and winter months. Even though your skin is less exposed to the UVB rays of the sun, the ultraviolet rays are very intense in the winter months and easily penetrate. Football and other outdoor sports—even your morning or evening walks—require just as much sunscreen as boating did in the summer, with regular updated applications. You still need that SPF protection—particularly on your hands, arms, neck and face. You can still get sun damage in the winter, especially on sunny days. Remember that the snow will reflect the light, so apply sunscreen whenever you are doing snow sports and use a facial moisturizer with a 30 SPF.

The harsh winter season can literally add years to your appearance.

The harsh winter season can literally add years to your appearance. So, while you are winterizing your home, car, yard, and boat, add your skin to your list. Add more moisture and change up your skin's routine. There's a reason—don't you think—that they refer to 'Old Man Winter.' ❄️



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Winterizing?

Don't Forget Your Skin!

We need to winterize the car, the boat, the yard, and the house. We also make sure that when the temperature drops, we bring in the plants and the pets. But there is one more thing to add to that list: your skin. Your skin is the outermost organ that helps determine whether you look young, old or withered! Cold weather creates problems for your skin by sucking the moisture and elasticity out of it. Heavy clothing, cold air, dry air, electric blankets, indoor heating and static electricity all contribute to drying, cracking and aging your skin. You need to winterize your skin!

Your daily skincare routine has to change because your needs are different. Once the humidity drops below 60 percent, the air is too dry to provide the additional moisture needed