



## WINTER SKIN TIPS

### *Dry Skin vs. Dehydrated skin*

Dry skin and dehydrated skin are not one and the same. Dry skin is an imbalance in the body that causes the skin to lack essential oils. It can be caused by the absence or malfunction of sweat or sebaceous glands. Dehydrated skin is skin that has been stripped of moisture. It can be aggravated by an improper diet, a dry climate, sun, wind and heat, not drinking enough water, certain medications and stripping skin-care products – as well as the aging process. Although they are different, the remedies are similar: drinking plenty of water and avoiding excessive amounts of alcohol and caffeine helps to prevent dehydration from within, restorative ingredients like antioxidants, peptides and growth factors and serums add back lost moisture and increase skin's strength. No matter how much moisture you give your skin, it can't penetrate through dead skin cells, which is why exfoliating regularly is important.

### *The Importance of Cleansing*

Every day of your life pollution, grime and dust attach themselves to the surface of your skin. If you don't take a couple of minutes each day to cleanse your face and unplug your pores, your skin may look sluggish. Cleaning your skin is important. Be very sure to remove your makeup each evening. It is a really bad idea to flop into bed, leaving makeup – not to mention environmental dirt - on your face while you sleep. Take a couple of minutes to remove it and you'll find your face looking and feeling younger.