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# Health & Fitness

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## 12 Skin Care Tips for Cold Weather

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With the change in weather, our skin's needs also change. Facing dry air and wind, our lips become chapped. Winter dryness can turn our faces, hands, arms, and legs into red, itchy wastelands, so it is important to keep our skin nourished and hydrated. Here are some simple tips to keep your skin looking and feeling its best throughout the winter months.

### 1. Heavy Cream

Use a dense, heavy cream instead of the light moisturizers used in the summer.

### 2. Oily and Combination Skin

Though your nose may feel oily,

it doesn't mean you shouldn't hydrate. You can try various products for oily or combination skin, the key being your skin should feel neither tight and strained nor greasy after application.

### 3. Sweet Lips

Leave natural honey on your lips for 20 minutes as moisture therapy.

### 4. Foundation

Makeup can add a layer of protection over your skin, as foundation seals your pores, keeping in moisture.

### 5. Eye Care

Be sure to remove your eye makeup well so that your eye moisturizer or serum can be properly absorbed. It's impor-

tant to apply these products to your eyes overnight, as this is when the skin regenerates and is able to take in the most nutrients. If you don't remove your eye makeup well with a cleansing milk or gel, even the most high-end eye serums will not work.

### 6. Mask or Scrub

Use a mask or scrub at least once or twice a month. This will remove the dead skin cells, giving the healthy ones a better chance.

### 7. Humidifiers

Use a humidifier at home in the room where you spend the most time.

### 8. Short Showers

Take shorter showers that are

not very hot so your pores won't open more than necessary.

### 9. Face Care

Wash your face more than an hour before leaving the house, again so your pores are not open when exposed to the drier air and wind outdoors.

### 10. Hydration

Drink lots of water and other fluids.

### 11. Lifestyle

Get good sleep and all your vitamins.

### 12. Fresh Air

Though the cold outdoors can hurt your skin a little, with the proper protection in the form of face creams, fresh air can also do your skin good.



Fresh air does your whole self good, but be sure to protect your skin from winter winds.