

# Skin Care News & Notes

## About Face: The Skin Care Transition

(NAPSA)—When the seasons change, many women have found, it's wise to adjust their skin care regimen to take a defensive stance against changes in weather.



**Dr. Gerstner**

“As temperatures begin to dip down, you should be thinking about ways of adding moisture to the skin and body,” says New York City dermatologist Dr. Gervaise Gerstner.

A decrease in moisture and lower humidity can deplete hydration levels and exacerbate skin conditions, making it appear dull and sallow. Spending more time indoors during cold weather increases exposure to heating, which can cause dry skin.

“Nip moisture loss in the bud by switching from cleansing waters and lotions to those with creamier textures and from a lightweight moisturizer to something thicker. A night cream or overnight mask is a must to ensure you wake up looking and feeling refreshed,” recommends Dr. Gerstner. In addition, drink lots of water, increase your intake of good omega fats, take warm showers, not hot, and use a humidifier anywhere you spend a fair amount of time—such as at the office and in your bedroom.

Cold weather can be a good time to try a facial oil. For example, L'Oréal Paris Age Perfect Glow Renewal Facial Oil deeply nourishes and replenishes dull, dry skin with a unique blend of eight essential oils, including lavender and rosemary. Dr. Gerstner recommends adding a few drops of the nongreasy, luxuriously lightweight formula for all-day hydration or anytime it's needed.



**While it's a bright idea to protect your skin from the sun at any time of year, it's also wise to change your skin care routine with the seasons.**

Regardless of the season, protection from the sun is an ever-green step that everyone should be taking. “Winter, spring, summer or fall, morning, noon or night—SPF is a must. While it's easy to grab and go with a spray in warmer months, I prefer richer SPF creams in chilly climates. That way, you can feel good about protecting and treating skin concerns at the same time,” the doctor notes.

A nurturing daytime formula that contains a broad-spectrum SPF 15 to protect the skin from the damaging effects of the sun is L'Oréal Paris Age Perfect Cell Renewal Day Cream SPF 15. It immediately smoothes the complexion and helps stimulate skin renewal, making it look more supple. It should be used not only on the face but also on such commonly overlooked areas as the hands, neck, chest and ears. Any skin subjected to even the slightest sun exposure should be protected.