

Tips On Protection Against Harsh Weather

(NAPSA)—Winter weather depletes skin, but not merely because of low temperatures. Low humidity is equally to blame, so be sure to protect and replenish skin in the following ways:

- A drop in temperature and humidity can lead to depleted, chapped, even painfully sore skin.

- The first step: Visit a professional skin therapist for a personalized “baseline” assessment of the skin’s condition and needs. “A licensed skin therapist will examine the skin using visual cues, under magnification and her fingertips, while asking questions about your lifestyle and product routine,” explains Annet King, director of Global Education for The International Dermal Institute. “Dermalogica’s system for this examination and skin coaching session is called Face Mapping and it’s offered at no charge, at more than 7,000 locations across the U.S.A., with no obligation to purchase products.”

- Cleanse with tepid water and a creamy liquid cleanser. Skip hot water and antibacterial soaps as they can damage skin.

- Be aware that petroleum-based products may exacerbate dryness and don’t let skin “breathe.”

- While aggressive scrubs can cause microlacerations to the skin, resulting in more water loss, microfine powder exfoliants are safe for even sensitive skin, gently loosening and lifting dulling cell debris from the surface without causing irritation. After cleansing and microfoliating, blot and pat skin to dry—don’t rub.

- Artificial fragrances, especially in high-foaming bath and



A professional skin therapist provides a client with a complimentary Face Mapping skin analysis. In addition to a consultation, a skin health regimen should include reinforcing and replenishing the weakened skin barrier function.

shower products and “perfume-y” body lotions, are drying and possibly sensitizing to the skin.

- Hydrate in layers. Hyaluronic acid in serum form draws airborne moisture to the skin. Use it to layer beneath moisturizers to prevent dehydration. After bathing, apply body lotion to warm, damp, freshly cleansed skin. Add a few pumps of an aromatherapy massage oil to make your body lotion extra soothing and comforting.

- Nourish and protect with botanicals. Bioactive moisturizing ingredients, shea butter, cocoa seed butter, avocado oil and vitamin E deliver soothing and hydrating lipids and hydrators to skin, even in rugged conditions.

To find a nearby licensed skin therapist and receive a complimentary Face Mapping skin analysis and other professional services, visit www.dermalogica.com or call (310) 900-4000.