

Holiday Glamour

Give Your Hands That Holiday Glow

by Cheryl Cheek

(NAPSA)—New research can help you avoid having dry, chapped hands for the holidays.

Cold weather is hard on hands. Fortunately, this holiday season you can give your skin the gift of a great holiday glow if you heed these ten tips:

1. Even when it's cold and cloudy out, it's a bright idea to use sunscreen on all exposed skin.

2. Gloves are *not* all you need. Use a little hand cream before you don them.

3. Moisturize from the inside out. Drink plenty of water—and keep alcohol intake low.

4. Good skin grows on a healthy body. Eat a balanced diet and exercise regularly.

5. Don't smoke. In addition to all the other reasons smoking is bad for you, it can age skin prematurely.

6. Moisturize your hands after you wash them—and when you wash, use water that's luke-warm, not hot, to preserve natural oils.

7. To nail down a long-lasting manicure, moisturize your cuticles daily.

8. See a dermatologist every year.

9. If you spend a lot of time in hot dry, indoor air, get a humidifier.

10. Consider a mineral-rich product designed for active hands. It's not greasy or sticky and it's



Frankly, you can be good as gold when you give a gift of hand care products made with myrrh.

made with potassium, a natural hydrator, and magnesium, a natural anti-allergen. A single pearl-sized drop will treat both hands.

The hand cream makes a great gift for yourself or someone you care about. It's rich in essential oils and botanical extracts, including extract of myrrh, a natural antiseptic. What's more, it's from Awakening, a company whose products are never tested on animals.

Free Brochure

You can learn more from a free brochure called *The Benefits of Mineral-Moisture Therapy* about minerals, moisture and your skin. For a copy, see www.awakening skincare.com or call 800-200-6546.