

# Beauty Tips

## Ways You Can Care For Winter Skin

(NAPSA)—Cold weather can be less than kind to your skin. Going from dry heat inside to cold air outside, winter sports activities, partying and shaving can all leave skin dehydrated, stressed and irritated. Fortunately, a few tips can help you restore radiance to winter skin:

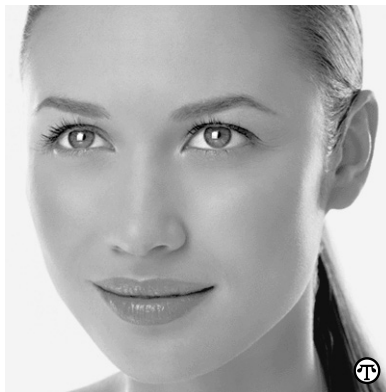
- Drink at least eight glasses of water throughout the day. An AM/PM hydration regimen is most effective, starting in the AM with a product such as Clarins Hydra-Care Serum. Its innovative technology prepares skin cells to absorb its moisturizing ingredients. Follow with an SPF 15 lotion, preferably one that contains an exclusive “anti-pollution complex” to auto-balance skin’s moisture levels while protecting it against environmental pollutants.

- Use a humidifier to help provide moisture but be sure to clean humidifiers regularly to eliminate harmful bacteria. Before bedtime apply a nourishing cream to help moisturize and eliminate fine lines while you sleep.

- For lips, use a protective balm. A Moisture Replenishing Lip Balm provides lip protection and for those who like a little color with their hydration, Color Quench lip balms moisturize with festive colors and a sweet fruity flavor.

To eliminate dry, flaky skin from shaving:

- For men, it’s important to prepare the beard by moistening with warm water or showering first to help raise the beard. ClarinsMen Shave Ease absorbs into the skin to moisturize and soften the beard. Then use a foaming gel



**Cold weather skin care calls for an AM/PM hydration regimen and drinking lots of water.**

---

such as Smooth Shave for a close comfortable shave. Remember to shave with the grain, not against, and follow shaving with a moisturizer such as Moisture Balm made specifically for men.

- For women, follow shaving with Clarins Moisture-Rich Body Lotion.

Indulge wisely during travel and festivities:

- When flying, drink water and avoid alcohol. Combat flying dryness immediately with a super hydrating facial mask.

For ultimate hydration, use Blue Orchid Oil with 100 percent pure plant extracts under the mask. These essential oils are so refined they are absorbed immediately, providing an additional moisture boost.

- For every cup of coffee or alcoholic beverage consumed, drink two glasses of water and follow your AM/PM treatment regimen. For more information, visit [www.clarins.com](http://www.clarins.com).