

# Skin Care News & Notes

## Tips For Cold Weather Skin Care

(NAPSA)—Turning the other cheek to cold weather may not keep it from damaging your skin—but facing up to a few skin care facts might. Experts offer these tips.

- **Close Your Eyes**—Sleep plays a major role in maintaining healthy, radiant skin. Doctors say a lack of sleep can slow down the cell renewal process—and that's when aging can set in. In addition, about 89 percent of women recently surveyed said "getting enough sleep" was an important factor in achieving healthy skin. Try to get at least eight or nine hours a night.

- **Hot Water Hazards**—During the colder months, limit your time in the shower or bathtub and keep water at a lukewarm temperature. Hot water may feel good, but it can actually dry out your skin. Make sure to dry off gently by patting the skin rather than wiping. This will help maintain as much natural moisture as possible—and that's important, because about 73 percent of women say their skin is dry during winter months.

- **Exfoliate, Exfoliate, Exfoliate**—After harsh weather, skin may be left feeling dull and less than radiant. Remove dull, dead skin cells from the surface by exfoliating at least twice a week. Products such as St. Ives Invigorating Apricot Scrub for normal skin or St. Ives Gentle Apricot Scrub for sensitive skin can help. Both include all-natural exfoliants, which can help skin become smoother, softer and more radiant.

- **A Healthy Diet For Healthy Skin**—Help maintain a radiant glow by eating a healthy, balanced diet consisting of foods rich in



**Cool Skin**—It's important to practice a skin care regimen during colder months.

vitamins A and C. Vitamin A will help with the growth and repair of skin tissue and can be found in foods such as peaches and carrots. Vitamin C helps to produce collagen, which can keep skin looking firm and youthful. It can be found in citrus fruits and cabbage. Also, make sure to drink at least eight glasses of water a day.

- **Where In The World**—Studies show that 80 percent of sun damage occurs before the age of 18, so it's important to keep your skin moisturized and protected, regardless of the climate. If you are unable to stay out of the sun, use a moisturizer with at least SPF 30 to provide protection from harmful UV rays.

- **Sweat It Out**—Exercising is great for skin health but can sometimes cause breakouts. Try using a scrub with two percent salicylic acid, such as St. Ives Blackhead and Blemish Control Apricot Scrub. That can help to deep clean pores and keep skin healthy and radiant.