

# Skin Care 101

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## Skin-Saving Tips For Winter

(NAPSA)—If this winter is anything like last year's, you're going to need some help keeping your skin looking healthy, smooth and radiant. A dry cold winter can rob skin of moisture and leave it looking dull and dry.

Skincare experts recommend the following tips for getting through winter.

- Wear non-restrictive clothing made of natural fibers to help skin breathe and reduce moisture loss.
- Take short, tepid baths and showers, then apply a lotion immediately after to lock in moisture.
- Slough off dry skin cells in the shower using a loofah or exfoliator. Then apply a lotion immediately for more penetrating moisture.
- To prevent and replenish moisture loss, apply a body lotion before bedtime, preferably one that is specifically for nighttime.
- For especially dry feet and hands, generously apply a rich lotion before bedtime and cover in

cotton socks or gloves.

Here's the skinny on lotions:

For those who have severely dry and chapped skin in the winter, use a product that provides intense moisturization. NIVEA body Extra Enriched Lotion, for example, helps reduce skin roughness and provides a protective barrier against moisture loss. Formulated with nourishing, anti-oxidant vitamin E, this lotion can help heal extremely dry skin and dramatically improve the condition of the skin for a smooth renewed feel.

In addition, NIVEA body Original Lotion softens skin and prevents moisture loss. Enriched with natural conditioners, this luxurious lotion maximizes moisture retention for 12 hours.

For more information, visit [www.NIVEAUSA.com](http://www.NIVEAUSA.com).

