

# Health & Beauty

## Tips For A Healthy Complexion Year-Round

(NAPSA)—Cold weather can wreak havoc on skin. Fortunately, facing a few facts can help skin stay healthy and look its best—whatever the weather. Try these tips:

- **Drink Up**—Drinking the recommended eight glasses of water a day is essential to keeping your body and skin hydrated. Try to limit your intake of alcohol and caffeinated beverages, as these can be dehydrating and can rob the skin of moisture.

- **Get Up**—Regular exercise (even in wintertime) can increase circulation, relieve stress and help you lose weight—all three things are beneficial for the skin. Try establishing an exercise program where you walk for at least 15 minutes, four times a week. It's a good idea to talk to your doctor first, though.

- **Cover Up**—Protect your skin from the elements—both inside and outside. Cool air can sap moisture from skin and cause it to become chapped and irritated. However, the dry, heated air in most houses isn't much better. Guard your skin when you are outside and use AVEENO® Daily Moisturizing Lotion, a dermatologist recommended brand, to help protect and moisturize your skin. When you shower, try not to have



**Live It Up**—A healthy lifestyle can lead to healthy skin throughout the year.

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the water too hot (this tends to dry out skin), and use a moisturizing wash such as AVEENO® Skin Relief Body Wash with natural colloidal oatmeal to help soothe and moisturize dry skin.

- **Eat Up**—A healthy diet can lead to healthy skin. Be sure to eat plenty of fruits and vegetables and get plenty of grains. There is also evidence that a diet rich in zinc (found in lean meats, skim milk and nuts), as well as beta carotene (think leafy greens), may be good for the skin.

- **Rest Up**—Stress reduction is important for skin as well as the rest of your body. Try to put time aside every day to relieve anxiety. Try relaxation techniques such as meditating or stretching.