

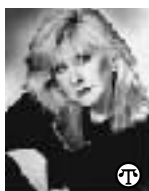
BEAUTY Q&A

Simple Ways To Spring Clean Your Skin

by Diane Irons

(NAPS)—Since winter weather damage often calls for some drastic rescue measures, spring can be a wonderful season to rethink your beauty regimen.

From chapped lips to less than attractive feet, there are several ways to spring clean your skin:



Diane Irons

Q: What's the best way to get your feet ready for sandals?

A: To soften feet, cover them in whole fat yogurt, then put on socks. Wear them at least an hour and then soak off the yogurt in warm water steeped in a couple of chamomile tea bags.

Pumice off rough skin and apply a rich moisturizer.

Q: What can you do about dry patches of winter skin that are often found on legs?

A: Solid vegetable shortening is by far the best treatment I've seen. Hospitals use this treatment for psoriasis and eczema.

Use a loofah all over your body to encourage exfoliation. A vegetable brush will also work. Winter skin is delicate, so be careful not to rub too hard.

Q: Is there any remedy for a blotchy complexion caused by winds and harsh temperatures?

A: Cure this condition by applying hydroquinone or bleaching creams on the areas that are blotchy. Or massage directly into blotchy areas with a paste made of boric acid powder and lemon. Let it remain on blotchiness for a few minutes before rinsing off.

Q: What's the best treatment for dry winter hands?

A: Combine a teaspoon glycerine (available at drugstores) with one cup warm mashed potatoes. Dip hands in and relax in this mixture for ten to fifteen minutes. Rinse off and dry. Finish by massaging in a rich moisturizer or petroleum jelly.

Q: Is there a quick cure for chapped lips?

A: Gently massage a mixture of a half teaspoon baking soda and the contents of a vitamin E capsule onto lips. Use an old toothbrush or coarse wash cloth. Finish by sealing in with the contents of a vitamin A capsule. Be sure to pat outside of lips too.

Q: My skin seems flaky after the winter. Any ideas?

A: Mix one fourth cup cornmeal with enough witch hazel to make a paste. Use a small brush (a toothbrush is ideal) and massage mixture into damp skin. Rinse with warm water and pat dry.

Q: I need to lose the pounds I gained this winter. Is there something I can do to prevent sagging skin while dieting?

A: Avoid crash dieting. Include plenty of protein in your diet to maintain firmness. A lack of it may cause a lack of skin elasticity. Try to get in at least 100 grams of fish, eggs, milk and cheese.

Diane Irons, former model and journalist is the author of three "beautiful" books, The World's Best-Kept Beauty Secrets, The World's Best-Kept Diet Secrets and 911 Beauty Secrets (Sourcebooks, Inc.).