

The Essentials of Winter Skin Care

If the words *skin care* conjure up images of miracle creams and potions that cost a fortune, worry not! The basic skin care regimen listed below is cost effective and, if done properly, will help keep your skin aglow and youthful for many years to come. It takes a little effort, but like any fashionista knows, anything worth doing is worth doing fabulously!

Exfoliate

Your body is constantly shedding dead skin cells, at a rate of up to 300,000 cells per hour. Exfoliating, or scrubbing off dead cells, is necessary because they don't always come off on their own. This can lead to rough skin, clogged pores and an unhealthy or grayish appearance.

To remove dead cells, simply use a loofah, sponge, washcloth or exfoliating brush and scrub in a circular motion, making sure to get each area of the body. This can be done at the end of a shower or bath, rinsing off and patting dry when finished. Incorporating this into your routine a couple of times per week would be a great practice. If you live in a warm climate and don't have dry or sensitive skin, you can try dry skin brushing as an alternative.

Eliminate/Detoxify

This may be the single most important step in maintaining beautiful skin all year long. Remember the old adage that you are what you eat? That is especially true when it comes to your skin. Eliminating toxins in your diet will keep your skin looking its healthiest. Steer clear of refined sugars, artificial sweeteners and processed foods while also consuming as many raw fruits and vegetables daily as you can. For many people, meat and dairy products can also cause your complexion to be less than perfect. You may want to try a detoxification diet if eliminating those foods are not an option for you.

Moisturize and hydrate your skin from the inside out with water. It is so easy during winter months to forget about H₂O intake. Drinking eight or more glasses of filtered water daily not only keeps skin moisturized, but flushes out toxins, giving skin its best look. For youthful, healthy, moisturized cells, make this your new mantra: hydrate, hydrate, hydrate!

Envelop

The harsh winter weather exposes your skin to many elements and they don't take long to do their damage. Scarves and gloves are a great way to envelop your skin in protection AND add a little style to your glow as well. There's nothing like chic accessories to make you look and feel your best!

Vitamin E

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This powerful antioxidant boasts many health benefits in addition to the role it plays in protecting and repairing your skin. It promotes circulation, heart health, and respiratory health.

Sunflower seeds and almonds are excellent dietary sources of Vitamin E to help repair your skin from the inside out. You can also apply Vitamin E oil topically to absorb directly into your skin for faster healing. For extra radiance, apply nightly before bed and allow it to seep into skin overnight or after exfoliating.

Follow these easy steps for glowing skin and shine on from the inside out no matter what the weather!



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