



The Smart Girls' Guide to Life

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Softer, Supple Skin Even In Winter

By [Selena](#) on October 14, 2009



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Supple Skin Even In Winter

I love autumn in New York State: hues of orange, red and yellow spot the hill sides, apples and pumpkins are ripe for picking and white dustings of snow speckle the lawn. Yes, for many of us, snow flakes in October is a harrowing reality especially for our skin—but it doesn't have to be.

Whether winter starts in October or January, you can help prevent it from wrecking havoc on your skin.

Moisturize, Moisturize, Moisturize

Dry, chaffed skin. It's one of the tell tale signs that winter has arrived. If your like me, then as soon as the weather changes so does your skin. Moisture dissipates, skin becomes parched AND fine lines and wrinkles seem magnified. In other words, you're 30 but your skin feels more like you're 60. Even people who have oily skin are affected. Contrary to popular belief, skin + oil does NOT equal moist. Want to reverse the winter curse? Here's how:

- ✗ **Water is your friend** ~ one of the best ways to help seal in skin's moisture is to apply moisturizer when the skin is damp. Not only does the lotion go on smoother, the skin absorbs it faster leaving the skin looking soft and supple.



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Be Heard!

Do you like to eat ice cream before bed, or is it just us?

Yes!

No, I prefer cereal.

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- ✘ **Drink up** ~ make sure you're drinking ample amounts of water throughout the day (8-10 glasses). Our bodies are composed of at least 70 percent water. Drinking enough water goes a long way to maintaining healthy, more nourished skin.
- ✘ **A dab of oil will do you** ~ Sometimes, I add 1-2 drops of my favorite scented oils to my moisturizer. Lavender, lemon or chamomile oils work wonders for the skin. Don't like scented oils? Vitamin E, A or C oils work even better! Still not intrigued? Try adding a dab of Jane Carter's **Nourishing Creme** to your facial moisturizer for deliciously fragranced and glowing skin.
- ✘ **Choose your cleanser wisely** ~ I've learned an important fact: sometimes the best cleansers are the simplest cleansers. I find that using gentle soaps like **Dove Moisture bar** or **Neutrogena Deep Cleanser** work wonders in keeping my skin's pH balance in check. Who says you have to have all the cleanser 'bells and whistles' to have great clean skin?
- ✘ **An apple a day** ~ eating foods that are rich in water like apples, grapes, tomatoes and the like will definitely have an impact on your skin's appearance. Look for softer, more radiant skin.

What are some of the ways you plan on keeping your skin supple this winter? Remember, it's never too early to start, especially where I'm from!

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Selena, is the Beauty Editor and interim Faith Editor. She is a gifted poet, orator and has for the 13th straight year been voted the "prettiest-funniest-bestest-biscuit-making-Mommy-in-the-whole-wide-world." She chronicles her passion to empower others without apology and

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