

An aerial photograph of a winter landscape. The scene is dominated by a thick layer of snow covering the ground. A winding river or stream flows through the center of the image, its banks lined with snow. The surrounding area is filled with a dense forest of trees, many of which are evergreens, their branches heavily laden with snow. In the background, a small town or village is visible, with buildings and roads partially obscured by the snow. The sky is filled with soft, white clouds, and the overall lighting is warm and golden, suggesting a sunrise or sunset. The title "Winterizing Your Skin" is overlaid in a large, blue, serif font at the top of the image.

Winterizing Your Skin

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WINTERIZING YOUR SKIN



Did you know that your skin is the largest organ in your body and accounts for 12%- 15% of your total body weight? Aside from providing a warm and vibrant glow, which is physically appealing, your skin performs a multitude of important functions. It provides your body protection from outside diseases and plays an important role in your body's immune system.

Your skin is a very complex body organ and it is important to take good care of it. Winter weather can be very harsh on our skin. During cold weather, many people experience skin irritation commonly termed "winter itch". This is caused by the skin becoming severely dry and flaky. The skin can even crack and bleed. Here are some tips on how to protect and help maintain healthy, vibrant skin throughout the cold winter weather:

Important Tips



Use Sunscreens When Outside

Snow and ice reflect UV rays back to your skin and can actually increase by up to 30% the amounts of harmful UV rays your skin is exposed to. Participating in winter recreational activities without applying sunscreen can result in severe burns, even though the sun may not feel hot. If you plan to take a trip South to escape the cold weather, be sure to use sunscreen.

Use a Deep Penetrating Moisturizer

Use a deep penetrating moisturizer to protect your face from the drying effects of winter wind and central heating.

Use a Humidifier

Cold winter air and central heating pull all the moisture out of the air and out of your skin. Humidifiers for your bedroom, living room and office may help add more moisture to the air. A low-cost alternative is to place plants around the home and office or just place a pan of water on top of radiators.

Important Tips

Hydrate from the Inside Out

Hydrate your skin with good nutrition. Aside from getting in your recommended 8 glasses of water a day, incorporate green tea into your diet. It is a very strong antioxidant, which can help your skin. Another excellent antioxidant is vitamin C, contained in fresh orange juice or grapefruit.

Use a Lip Balm

Lip balm prevents and heals chapped lips.

Apply Body Lotions Within 3 Minutes of Getting Out of the Tub or Shower.

This helps to enhance your skin moisturization and minimize drying. You may want to use creams rather than lotions, which might not be moisturizing enough in the cold winter months.



Important Tips

Keep Hands Moisturized and Wear Gloves

Moisturize hands and wear gloves when outdoors. Apply hand lotion immediately after washing and drying.

Take Fewer Baths or Showers

High water temperature and frequent baths strip natural oils from skin making it itchy and irritable. Limit your baths to once a day and use lukewarm water instead of hot.

Use a Soft Cotton Washcloth

Use a soft cotton washcloth or your hand to cleanse your skin, not rough sponges or buff puffs



How to Use Soap and Moisturizers



1. Use mild soap (Dove sensitive skin, Cetaphil liquid wash, Purpose, Olay for sensitive skin, Oilatum). No Irish Spring, Ivory, Zest, or soaps with fragrance.
2. Pat dry rather than rubbing
3. Soap is drying. Avoid soaking dry skin areas; consider just soaking areas more likely to sweat (underarms, groin). Avoid soaking dry skin areas; consider just soaking areas more likely to sweat (underarms, groin)
4. Apply moisturizing cream in the direction the hair grows (apply from the body center outward)

Important Tips



Avoid fabric softeners

Use unscented laundry detergent

Avoid scented wipes or pre-made cleansing cloths

Don't Forget About the Sun

The snow reflects sunlight and the ultraviolet rays of the sun during the winter are just as intense. Participating in winter recreational activities without applying sunscreen can result in severe burns, even though the sun may not feel hot. If you plan to take a trip South to escape the cold weather, be sure to use sunscreens.

In order to get the most benefit from your sunscreen:

- Apply a broad-spectrum sunscreen of SPF 30 or higher, at least 20 minutes before going out in the sun
- Apply before dressing, so you do not miss any places
- You should use a generous amount of sunscreen, about a quarter-sized dollop for the face and about two tablespoons for the body. Do not forget your scalp and hairline.
- Reapply the sunscreen every two hours and after swimming or towel drying. Even if your sunscreen says that it is waterproof or sweat proof, it is not rub off proof.
- Pay close attention to areas such as the bridge of your nose where your sunglasses rub.
- Whenever possible wear a wide brimmed hat and protective clothing.

Winter Weather Can Be Brutal Not Only On Your Skin, But Also On Your Hair



No one wants to deal with brutal hair and split ends. Here are three simple tips for healthier hair this winter:

1. Use deep conditioners and hair oils to strengthen your hair. Moisturizing your hair during the winter months is key to avoiding breakage.
2. Use heat styling tools sparingly during the winter. Ceramic plated tools disperse heat evenly and use a heat protector on the hair before styling.
3. Cold, dry winter air can make your scalp dry and itchy. A sulfate and paraben free shampoo will help to lock in moisture and alleviate that itchy scalp feeling.

“Skin Saver Tips” For the Winter



Flaky Lips

For dry, cracked, flaky lips, try taking 1 tablespoon of baking soda +1 tablespoon of sugar +1 tablespoon of water. Mix together and then slather on your lips. Then, wait about 3 minutes before rinsing off.

Itchy Skin

For that dry, itchy skin, try mixing $\frac{1}{4}$ cup of milk and $\frac{3}{4}$ cup of water. Dip in a small hand towel or washcloth and applied for 10-15 minute. If your entire body is dry, simply toss a cup of powdered milk in the bath and have a 20 minute soak.

Dry, Splitting Cuticles

Olive oil can be found in most homes. Simply apply it liberally on a daily basis to keep the cuticles soft and pliable. If they are split with open breaks, use bacitracin until they are healed and then switch to olive oil to keep them soft.

Thank You

An aerial photograph of a vast, snow-covered forest during a golden sunset. The sun is low on the horizon, casting a warm, orange glow over the scene. The trees are densely packed, and their branches are heavily laden with snow. The sky is filled with soft, wispy clouds, and the overall atmosphere is peaceful and serene.

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