



# Look and Feel Your Best

## 5 Tips to Soothe Dry Skin This Winter

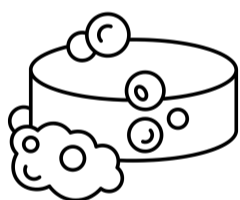
It's that time of year again – the snow is falling and tree branches hang heavy with a coat of glistening ice. Everyone loves a winter wonderland, but it doesn't need to come at the expense of healthy skin!

If your holiday spirit feels more like an itch, follow these tips to stay moisturized and comfortable all winter long:



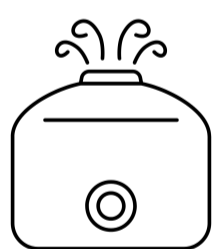
### Take short, lukewarm showers

- Limit your time in the shower to 5 or 10 minutes
- Turn down the heat and wash with warm water
- Moisturize immediately after drying your skin



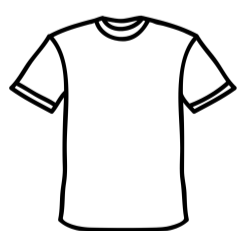
### Avoid allergens and irritants

- Opt for gentle soaps and cleansers
- Wash clothes with hypoallergenic laundry detergents
- Limit time in front of fireplaces and heaters



### Add moisture to the air

- Use a humidifier to counter dryness caused by home heating systems
- Choose a humidifier that is an appropriate size for your room
- Fill your humidifier with distilled water or wash the tank weekly if using tap water



### Dress with intention

- Choose loose-fitting, non-irritating clothes
- If wearing wool or rougher fabrics, wear a shirt underneath
- Put on gloves when cleaning or doing tasks that get your hands wet



### Manage stress

- Save time for physical activity, even a walk makes a difference
- Prioritize getting a good night's sleep
- Connect with people who bring you joy

We hope these tips help you feel more comfortable this winter season. Maintaining happy, healthy skin makes for a happy, healthy life!