

# BEAUTY TIPS 101

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## LOVE YOUR HAIR AND SKIN IN FEBRUARY!

Treat your hair and skin with lots of love this February and reap the rewards of glowing skin and gleaming, healthy hair. Despite the unusually wet and rainy winter in Southeastern Louisiana this year, harsher elements and colder temperatures tend to have a drying effect on skin and hair. Here are some easy tricks to avoid the unsightly results of cold, windy winter weather and artificial heat.

### SKIN

People tend to accept flaky, itchy skin as a winter curse. That doesn't have to be the case, if you just become more aware of what causes winter skin problems. For example, outdoor winter weather conditions, such as wind, can be very damaging to the skin. Wind reduces moisture in the air and, during a cold day, people often forget to pay attention to harsh sunlight. Just as you protect your skin from the sun's damaging rays in the summer, you need to do so in the winter as well. Before going outdoors, apply sunscreen with an SPF of at least fifteen along with a moisturizer. Don't have the time for too many lotions and creams? Try a moisturizer containing sunscreen. There are many on the market today that even add a bit of tint.

Excessive heat draws moisture out of the skin, so try not to overheat your home. Use a humidifier (at least in the bedroom) once the relative humidity inside drops below sixty percent. Avoid shower gels and deodorant soaps in the winter as these often contain alcohol, which can be drying to your skin. Instead, use a mild soap that is fragrance-free or contains moisturizing ingredients. Condition and pamper your skin with in-shower body lotions with moisturizer. As always, avoid hot showers. Take a lukewarm shower instead, pat your skin dry with a towel and apply moisturizer immediately upon stepping out of the shower to lock in moisture.

Always apply lotion after washing your face and hands and moisturize your skin again before going to bed. Wear light cotton socks and gloves after applying lotion or cream for a special moisturizing treat for your hands and feet.

### HAIR

The same conditions that result in dry skin can make hair dull and lifeless. It is important to remember that winter sun can be as damaging to the hair as it is to the skin. Consider using a leave-in conditioner with sunscreen and/or wear a hat.

Keep in mind that exceedingly dry hair may need to be shampooed less often. Dry hair also requires deep conditioning, so condition your hair each time you shampoo and consider using a weekly oil treatment. Olive oil is a wonderful conditioning treatment for dry hair. You can deep condition your hair in winter simply by applying your favorite conditioner and covering with a plastic cap for at least thirty minutes.

Lastly, consider what goes into your body. Both dry hair and dry skin may indicate a poor diet or mild dehydration, so be sure to eat a healthy diet and drink plenty of water.

