Winter Skin Care: Tips To Help You

(NAPSA)—It happens like clockwork every winter: The skin-care products that worked wonders just a couple of months earlier, many people find, lose their effectiveness against the dry air and harsh winds of winter.

As most summer air becomes drier, so do skin changes and you lose moisture,” explains Sheldon R. Pinnell, M.D., the J. Lamar and Norris E. Emery Emeritus of Dermatology at Duke University and a consultant to SkinCeuticals.

How to prevent and treat such common cold weather skin problems as chapped lips, dry, dull skin—even sunburn? Here are some winter skin-care tips you may want up to:

- Moisture boost. While you can protect the rest of your body with clothing, the face is constantly exposed to the harsh winter climate. Try out some new moisturizer or add to the current one, such as SkinCeuticals’ Hydrating B5 Gel. It’s rich in hyaluronic acid (which attracts 1,000 times its own weight in water) to give your skin a healthy, supple glow.

- Buff, polish and firm. “The environment provides a certain amount of moisture for our skin,” says Pinnell, “but it’s not doing that in the winter—and the cold weather is going to make it long, hot showers, which dries us even more.”

- Get a combination antioxidant formula, such as SkinCeuticals’ Eminence, formulated with rare Brazilian maracuja extract and natural botanicals to nourish, hydrate and restore moisture to the skin. You can also use a few drops of a hydrating serum, such as SkinCeuticals’ Hydrating B5 Gel. It’s rich in hyaluronic acid (which attracts 1,000 times its own weight in water) to give your skin a healthy, supple glow.

- Wear a broad-spectrum, physical sunblock containing microfine titanium dioxide or zinc oxide, such as SkinCeuticals’ Physical SPF 50. For added protection from long-range UVA rays, apply a combination antioxidant serum daily, such as Primacy Ce+.

SkinCeuticals products are available through dermatologists, plastic surgeons and licensed skin-care professionals, or by calling 1-866-911-2660.

For more information, or to place an order, visit www.skinceuticals.com. | NAPSA

Skin Sense

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To protect your skin:

- Winter sun safety. Think sunburns only occur in summer? Think again! “You often forget to protect yourself from the sun in winter, which is a problem wherever you live,” says Dr. Pinnell.

- Even on cloudy, snowy days, damaging UVA and UVB rays penetrate the atmosphere and can damage your skin—especially at higher elevations. To protect your skin each day—whether you’re on the ski slopes, shoveling or simply out for a winter walk—use a broad-spectrum, physical sunblock containing microfine titanium dioxide or zinc oxide, such as SkinCeuticals’ Physical SPF 50. For added protection from long-range UVA rays, apply a combination antioxidant serum daily, such as Primacy Ce+. SkinCeuticals products are available through dermatologists, plastic surgeons and licensed skin-care professionals, or by calling 1-866-911-2660.

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