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Winter Skin Care From Head To Toe

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Winter Skin Care From Head To Toe

by Christine Thomson

FROM the top of your head to the tips of your toes, take care of your skin! Especially during the nippy months ahead. An attractive skin next summer and for all the summers and winters of your life will repay you for your head to toe skin care now.

If frosty winter days leave you with hands that would never invite hand-holding, correct the cause of chapping. Don't wash your face and hands too often. Does that sound just the opposite of what mother taught you when you were a grubby grade-schooler digging your way to China? Well, mother was right about removing the dirt, but many skin specialists claim that soap, especially if used too often, neutralizes the protective coat on our skin. That is one reason we have chapped hands on below-zero days. A splash of warm and then cool water is perhaps all your complexion needs first thing in the morning. Save the thorough clean-up for bedtime.

The hero that saves your skin from chapping is hand lotion. A dab of lotion in each palm and a few quick motions are essential when you wash your hands many times during each day. Smooth legs and smooth women always go together, and hand lotion makes it much easier for you to have smooth legs. Shaving can be hard to take during the winter if your legs are dry and chapped. Hand lotion rubbed in well before shaving can spare you this torture. Another quick application afterwards and a daily lotioning will keep your legs smooth. Dry heels can also be smoothed with hand lotion.

Pamper Yourself

You won't be pampering yourself if you wear mittens when it gets chilly. The smart college woman also wears slacks to protect her legs when the mercury drops. Midwestern winters are hard on bare legs. Take care of them.

Soon after the first winter snow, your scalp, too, may begin snowing onto the shoulders of your good looking blue coat. If this happens, you've probably forgotten that your scalp gets dry in the winter weather just like your face and hands. Do you prefer a drying shampoo? How about trying one with a little more animal or vegetable oil in it for this winter? And why not lengthen the time between shampoos, too? If you increase the time you'll find that your hair won't get oily until you are ready to wash it again. Skip the drying vinegar or lemon rinses until the weather is warm again. Of course, hair brushing is an all-year-around must. This nightly ritual keeps that important sheen in your hair. Good hair care takes only a little time and is the shortest way to hair that is truly your crowning glory.



Hear Ye!

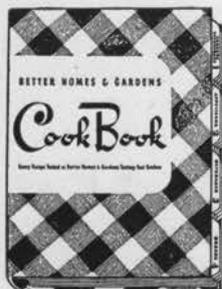
Hear Ye!

Steaks Chicken Sandwiches

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