

Senior Style

March 2010

over coming COLD weather skin!

Hello again! Everyone seems to be having troubled skin with the dry, cold weather. How do we moisturize in this awful inconsistent weather?

First of all the skin is the largest organ in the body. Believe it or not, the skin is an organ and we must take care of it. We all have different skin types, sensitive, normal, dry, oily, and combination. We also have sensitivity to ingredients. Example, oily skin has to be careful with oils to prevent breakouts as sensitive skins has to be careful with fragrances.

The most important factors are as follows – laundry detergent, body wash, perfumes, shampoos etc. If you have a battle with dry skin you need to analyze all of the above by switching to natural, organic products free of artificial scents. Look for ingredients like aloe, vit E, shea butter, coca butter,

etc. If you have access to a paraffin machine, you will be amazed at the difference. Also a professional skin treatment would be great to heal your dry skin. Adding steam, moisture and massage will rejuvenate your skin and make it feel brand new! Massaging increases the blood circulation and replenishes the skin. Masking, scrubs and microdermabration remove free radicals also know as a layer of dead skin cells that dull out your complexion. If you are not in the budget for a professional facial, perform a facial massage yourself by using circular, upward motions with a moisturizing cream. There are many anti-aging products on the market now that stimulate mature skin and make you feel renewed.

Don't forget the vitamins! Your multi-vitamin should consist of natural foods and not of synthetic materials, Vit E is great to replenish moisture to the skin, consult your dermatologist if you have oily skin, as Vit E may add oil to your complexion.

Many retirees are out in the sun being active with outdoor sports; please protect your skin with a

powerful sunscreen containing zinc oxide. Your skin will definitely thank you!

Try these remedies, if you do not see improvement, you may need a physician's attention. Take the time for your skin, as it is the largest organ you have.

If you have any questions concerning dry skin, please feel free to send me a message, I would love to assist you!

Until Next Time,

Your Friend,



Yai Yai