

## WINTER SKIN CARE

Dry, forced-air heat wreaks havoc on your skin. Here are some ways to address dry, irritated and flaky skin:

1) **CLEANSE** your skin with a gentle products. Never use bar soap, and in a pinch, opt for shampoo instead.

*(Men's Facial Cleanser, Oxygenating Cleanser, Foaming Cucumber Cleanser, Papaya Cleanser with Multi-Fruit Acids)*

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2) **SLOUGH** off the dead, dull skin with a gentle scrub. The right product, a washcloth, and thorough circular motions can prove even more effective than professional facials and even minor cosmetic non-surgical procedures.

*(Men's Facial Scrub, Micro-Derm Crème Scrub, Pumpkin Face Scrub with Apricots & Walnuts)*

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3) **MOISTURIZE** At this time of year, you may want to opt for a heavier consistency or more frequent applications. Remember that any moisturizer is more effective when applied to skin within 3 minutes of showering. This goes for the *body*, too.

*(Reparative Moisture Creme, Hydrating Creme & Hydrating Creme Extreme, Hydrating Protection SPF 30, Peptoxyl Protection SPF 30, Men's Action C Moisturizer (Good for women, too))*

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4) **LIP BALM** is a must. Make it accessible and apply it several times a day. Chapped lips are completely avoidable.

*(Super Balm SPF 15, All Liptoxyl products)*

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