

Every winter we go through the same thing when we turn the heat on – drier skin. Aside from using skin care products to help alleviate it, the other thing we can do is use a humidifier. Humidifiers effectively add moisture to the air and they make a HUGE difference! There are all kinds and sizes available at prices ranging from very inexpensive to very expensive. The least expensive way to go is to put a big pot of water on your radiators. \$10.00 vaporizers work great too. It's important to have one in your bedroom since we spend 8 hours (hopefully!) there every night. There are even small personal units for your work space.

Another tip for added moisture is to mist your skin with water and THEN apply your moisturizer. Most moisturizers do not add moisture to your skin; they keep what moisture is all ready there locked in. There are a couple of ingredients that ATTRACT moisture to your skin so look for Hyaluronic Acid and/or Urea – those both attract moisture without it dissipating.