

[IMAGE]

## Weatherproof Your Body This Winter

By Editorial Staff

OK, it's time for a quick lesson in weatherproofing your body. Particularly when you're in the throes of winter (like now), skin health is pivotal. Here are some simple strategies to keep your skin healthy during the winter months:

- *Go easy on the water:* Many of us have a tendency to languish in a hot shower or bath when it's cold outside, but that's exactly the recipe for skin disaster. Why? Because, contrary to what you might think, water actually depletes the skin's natural moisturizing capabilities, particularly overly warm / hot water. As the water evaporates, it takes natural oils with it, leading to dry, flaky, unhealthy skin.
- *Lotion is your friend:* A good moisturizer is key to protecting your skin during the winter months, and even more so after contact with above-mentioned water. Choose a product that lubricates the skin, slows the rate of water evaporation, and leaves your skin with that "silky-smooth" look and feel. To learn more about the right (and wrong) ingredients in skin-care products, [click here](#).
- *skin - Copyright © Stock Photo / Register Mark The sun is still there:* Winter might bring less daylight hours and more overcast skies, but that doesn't eliminate the potential for the sun's rays to harm your skin. A good sunscreen is still essential during the winter months whenever you plan on being outdoors for more than 15-20 minutes at a time, particularly during the hours of the day when the sun's at its most intense: 10 a.m. to 2 p.m. Ditch the sunscreen and you'll age your skin and increase your risk of developing skin cancer.
- For some people, diet goes out the window during winter. After all, why stay in shape when you're blanketed in cold-weather clothing all the time? Unfortunately, poor diet can take a toll on your skin, so make sure you eat plenty of skin-supporting foods during winter (and throughout the year). [Click here](#) for a complete list.

Your skin is your body's largest organ, so take care of it this winter by incorporating the above tips into your daily routine. Your skin will thank you for it.

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