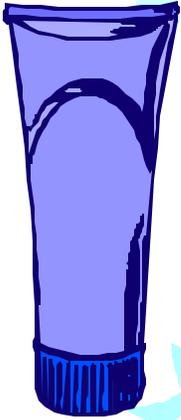


Fit Tips

7 Steps to Healthier Skin in the Cold Weather

1. Use a humidifier in your bedroom or living room when the relative humidity drops below 60%.
2. Do not take hot showers or baths— hot water will dry out your skin. Take lukewarm showers and moisturize within 3 minutes.
3. Look for lotions or creams that contain petroleum, mineral oil, linoleic acid, ceramides, or glycerin.
4. Keep well hydrated. Drinking lots of water will help your skin to stay moisturized.
5. Use lip balms and lipsticks with extra moisturizers.
6. Use sun block. Sun can still be very strong in the winter and a sun burn will really dry out the skin.
7. Brittle nails can be helped by using Vaseline and nail polish.



Source: www.msn.com/health

