

# *Spa Bella's tips on how to winterize your skin and glow all season long!*

## **Body creams- not lotions.**

Lotions tend to have more alcohol content and can be more drying. A heavier moisturizer like a body butter or a cream preferably one containing olive oil, coconut oil, avocado oil, jojoba oil or shea butter can lock more moisture into your skin. That will give you an extra dewy glow and prevent or soothe itchy dry skin.

## **Warm up with hot drinks- not showers.**

Resist the urge to jump into a long hot shower to warm up. It can pull the natural moisture from the scalp and skin and make them itchy and flaky. Instead, grab a hot beverage and keep your showers under 15 minutes in warm (not hot) water. Once you're done, gently blot dry with a towel since rubbing can chafe your skin.

## **Wash. Moisturize. Repeat.**

Speaking of showers, be sure to apply a heavier moisturizer right after a shower or bath while skin is still slightly damp. Applying moisture to damp clean skin will lock in the moisture, lasting longer.

## **Chapped Lips.**

Once cracked and fissured, lips can take a long time to heal because you're constantly using them to speak, eat and emote all day. Use a lip serum with sugar at night, which works to moisturize and soothe.

## **Overall Dehydration.**

The beauty of having a humidifier in your bedroom is that it can remedy any number of wintertime woes, including cracked lips and dry sinuses. Humidifiers produce water vapor that increases moisture in the air that is lost from the drying heat.

## **Dark Under-Eye Circles.**

A lack of sunlight in the winter can take a major toll on your under-eye area. Minimize dryness and discoloration with an eye serum formulated to hydrate and brighten any baggage.