

4 “S”s for smooth skin



Winter is hard on your skin. Dry indoor air, frequent washing and cold outside air can make skin itchy and painful. Your skin is the largest organ in your body and an important barrier. Protect it!

1

STAY SAFE WITH GERMS

Don't skip handwashing because your hands are dry. You could end up sick or may spread germs to others. Instead, keep hand cream in your purse, pocket or desk. Apply the cream after you wash your hands.

2

SHORT SHOWERS

A long, hot shower strips skin of its protective oils. Keep showers and baths short and not too hot.

3

SLATHER MOISTURIZER

After bathing, apply a rich cream or ointment before skin is fully dry. Petroleum jelly is a low-cost and effective choice.

4

SKIP HARSH SOAPS

Many products contain drying detergents. These can leave skin feeling irritated and dry. Look for products that don't contain alcohol or fragrances.

Wear sunscreen. Harmful rays can pass through windows and on cloudy days.



Source: American Academy of Dermatology