

# HOW TO PROTECT YOUR SKIN DURING WINTER

- 1.** **Drink water** - It's easy to forget when it's cold, but staying hydrated keeps your skin soft. You can also drink warm tea!



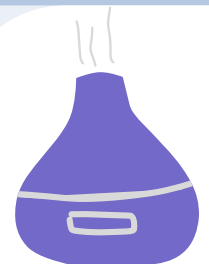
- 2.** **Use a thick lotion** - In winter, your skin needs extra help to stay soft for longer. Remember to reapply throughout the day.



- 3.** **Don't forget sunscreen** - Even when it's cold, the sun can still hurt your skin. Wear sunscreen even on cloudy days.



- 4.** **Use a humidifier** - Heaters can make the air dry. Using a humidifier adds moisture back into the air, and into your skin!



- 5.** **Protect your lips** - Chapped lips are common in winter. Use a lip balm frequently to keep your lips soft.

