



Staff photos by Todd R. McQueen

Kennesaw resident Susi Huggins, left, applies SeneGence lip care to Terri O'Dell of Kennesaw. When searching for the right lip care, steer clear of wax-based products. Instead, look for products with Shea butter.

Harsh winter

With the right treatments, skin can stay healthy and radiant year round

By Erin J. Murrin
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If the nip in the air isn't proof enough that it's winter, then simply run your fingers over your face, lips, arms or back.

It's not uncommon to find a dry patch of skin here or there. That's just winter's little way of reminding us that the heat we use to keep warm is taking its toll on your sensitive skin.

Hope is not lost, though. There are a few techniques and tips on keeping your skin supple and glowing despite the harsh, whipping winds and moisture-depleting heat.

Kennesaw resident Susi Huggins, an independent distributor for cosmetic and skin care line, SeneGence International, which is endorsed and carried by dermatologists, said the most common winter skin complaint she encounters is dry, chapped lips.

Even more frustrating than they are unsightly, chapped lips can turn from a constant annoyance to a cracking and burning pain.

The first thing many people do is

reach for their tube of lip balm. Ms. Huggins views this is a huge no-no.

She said wax-based lip balms and lip sticks are good for protecting lips from the elements because the wax acts as a barrier. However, they do not heal already chapped or cracking lips.

"Try and find something with Shea butter," Ms. Huggins said. "Shea butter actually heals the skin. It has been used for years on burn victims. It just brings incredible healing."

Another important facet of supple year round skin is constant hydration.

Ms. Huggins tells people to always keep a bottle of water on hand to sip from throughout the day; not just at mealtime.

As a matter of fact, when you consume water with food, the hydration properties of water are absorbed by the food you are eating. This makes it important to drink water by itself all day long, Ms. Huggins said.

Ms. Huggins also suggests investing in a humidifier. When turning our thermostats up to feel the heat, our skin is quickly being stripped of essential moisture.



Don't forget to take makeup off every night. Choose a moisture-based cleanser, and look for moisturizers and foundation with Shea butter and SPF.

"This time of year, a humidifier in the home or work place is great," she said. "The air gets so dry this time of year, (a humidifier) helps with the skin and with the sinuses."

As relaxing and comfortable as it is to take a long, hot shower or bath every day, Ms. Huggins said this is not good for your skin if you don't replace moisture afterward.

"We all love hot baths in the winter, and they aren't really a terrible thing, but you must be sure when you are bathing, not to use soap," she said. "Also, hot water will dry the skins natural oils."

This is where lotion and exfoliation come in.

Exfoliation is great for the skin, but find a product that also contains moisturizing ingredients.

"Make sure it's not just an exfoliate that strips off moisture," Ms. Huggins said. "Reapply the moisture you are depleting."

Again, Shea butter is an amazing moisturizer and Ms. Huggins urges

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clients to spend a few extra bucks on a lotion with Shea butter.

"Lotions are great, but not all of them are the same," she said. "I hate to say it, but you definitely get what you pay for."

Although anti-aging creams might not make you look 20 years younger, Ms. Huggins says cellular renewal formulas do help remove old, dead layers of skin. This helps bring the fresh skin cells to the surface sooner, making you look rejuvenated.

And for women, no matter how tired or worn out you feel at the end of your busy day, it is essential to take five minutes subscribing to a makeup removal

regimen every evening.

"Our skin does most of its repairing when we sleep," Ms. Huggins said. "You want to make sure you get a good moisturizing cleanser. It gives you more resilience and elasticity."

She suggests finding a cleanser and face lotion containing botanicals, antioxidants and, of course, cellular renewal.

And just because we aren't heading into the sun to hit the beach, protection from UV rays is still necessary in the winter. In fact, Ms. Huggins said that the sun is actually brighter in the winter.

Moisturizers can often be purchased with SPF in them and a number of makeup lines are beginning to market foundation containing SPF.

If you suffer from acne or oily skin, you still need to

moisturize. The key here, Ms. Huggins said, is purchasing a moisturizer that is made for your skin type.

"Most people have combination skin, especially in the T-zone," she said. "A lot of people think because they have a little bit of an oily spot, they need to stay with a drying agent."

She said you don't necessarily need to use a high-intensity moisturizer. Rather, find a skin-care line that designs products for normal to oily skin.

It's no surprise that the key to supple winter skin is keeping it moisturized, but the biggest tips come in the form of knowing how to moisturize.

Find the right products that contain the best ingredients.

Don't skimp on the price; your soon-to-be luxurious skin will thank you later.



Staff photo by Todd R. McQueen

Terri and Tara O'Dell are being seen by Kennesaw resident Susi Huggins, a local consultant for a popular skin care line called SeneGence. From left, Ms. O'Dell watches as Ms. Huggins applies the finishing touch to Tara.