

Beauty Tip for Winter

Moisturize Moisturize Moisturize

From head to toe you want to stay hydrated

After shampooing and rinsing your hair use a good moisturizing conditioner like Jojoba oil, sweet almond oil or a cream conditioner for at least 15-30 minutes.

Keep your face protected from the harsh winter wind with a moisturizer for your skin type even if it oily. Keep your lips protected as well with gloss or a moisture stick.

Your body can become extra dry in the winter so don't forget to smooth on an extra coat of your favorite lot lotion. Your body will love you for it!. Check around your cuticles. If dry give them an extra dosing of oil or lotion.

Love your feet. For an extra treat give yourself a pedicure. Soak them in a basin or large bowl for 20-30 minutes. Dry your feet well. Use your favorite lotion or oil. Separate your toes with toe separators or cotton balls. Use your favorite polish.

Voila

Wishing you a rebirth through beauty.

Zulene