

## Dry Skin No More. Your Guide to Silky Soft Skin!

Keeping your skin soft (especially hands) year round can be a challenge.

Skin is often exposed to the worst conditions, from scorching sun to frigid winter weather, leaving it dry, flaky and just plain unsightly. And, simple daily activities expose skin to even more damage.

Not only is dry skin uncomfortable, it can make you look old!

Fortunately, baby soft skin isn't reserved just for babies!

For healthy, rosy skin that everyone will notice try these free beauty tips to keep your hands and skin looking gorgeous year round.

1. Protect your delicate skin every single time you go outdoors. In summer and winter and every season in between, you should wear a high SPF sunscreen.

Winter is no exception. Just because you can't feel the sun's heat on your skin, doesn't mean that the sun's ultra-violet rays are causing damage to your skin.

2. Wear kitchen gloves when washing dishes or handling laundry detergents or other caustic cleaning chemicals. And, stay away from germicidal soaps that strip away protective oils.

3. Forgo hot showers, hot baths and hot tubs. The heat from the water will dry out skin almost as quickly as a trip outdoors.

4. Just "Say No!" to store bought bath soaps. Many contain harsh chemicals that can quickly dry out sensitive skin. Instead, opt for skin-soothing handmade soaps that pamper skin to perfection. Not only do they do a wonderful job of cleansing, but actually add moisture into your skin with all natural skin-friendly olive oil.

5.) Beauty begins within, so don't forget to hydrate well and include a variety of anti-oxidant rich fruits and veggies in your daily diet.

Exfoliate skin weekly to help get rid of the top dead flaky layer of skin cells.

Try this simple homemade beauty recipe:

Mix 1 tsp. ground pepper or black tea leaves with one tsp. Cold Cream (i.e. Ponds or Noxema). Massage over dry skin for two minutes. Rinse thoroughly. You'll notice the difference right away.

Nix dry patches on knuckles and knees quickly with a dab of olive or corn oil.

And, to keep your skin baby soft, go for the ultimate intensive pampering treatment. Massage legs, arms, hands and entire body with skin healing Shea body butter once daily.

Shea Body butter is great for softening the effects of wrinkles, dry chapped or chafed skin, rough heels and elbows, overworked and dry hands and even great for dry and chapped lips.

Not only is it ultra affordable, turns out it's a celebrity beauty secret too!

Source: <http://www.articlecircle.com>

About the Author

Beverly Johnson Tired of being a wall-flower? Celebrity Make up artist, Beverly Johnson shares her Beauty tips and Make Up secrets to turn you from Plain Jane to Sassy Chic! Plus easy ways to zap zits painlessly; get rid of cellulite; nix wrinkles and lose weight without diets at: <http://beauty-boutique.net> And, for soft skin that begs to be touched, she recommends Light House Lane Shea Butter. Available at: <http://pamperyourskin.beauty-boutique.net>