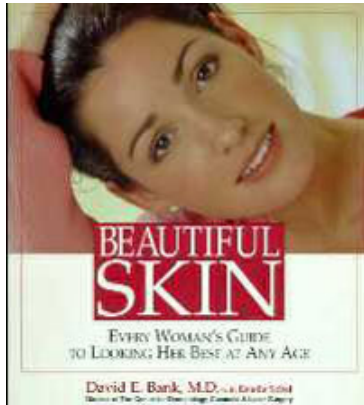


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## 5 Ways To Save Yourself From Winter Beauty Blues



The holidays are a time for gatherings and of course eating, drinking and lots of celebrating. Between running around in the harsh weather, coming and going from parties, cooking, cleaning and shopping, one can easily begin to slack on their daily beauty regimen leaving their skin to pay the price. **Dr. David E. Bank** has great at-home tips to heal your skin from the holiday blues that quick, simple and cheap!



### 1. Puffy Eyes

Lack of sleep and too much alcohol has the greatest effect on the skin around the eyes, because the skin is so delicate. Soak some cotton pads in cold milk and place on the eyes for five minutes to soothe them and reduce puffiness. Cucumbers always work too.

### 2. Under Eye Circles

Put moist tea bags on your eyes. The caffeine helps diminish the appearance.

### 3. Bad Blemish

Hectic schedules and stress from the holidays make hormones ignite causing holiday break-outs. Combine one-quarter teaspoon of table salt with one cup of water. Dip a piece of tissue into the mixture and press against blemish for one minute. Dr. Bank suggests finding a product with benzoyl peroxide or salicylic acid for more sensitive skin and applying directly to the affected area.

### 4. Red Spots

Apply a small amount of Afrin decongestant nose spray to the red blemish. It will get the red out within 30-60 seconds and last up to 12 hours.

### 5. Dry Skin

Winter's cold and inside heat dry out skin. In order to restore lost moisture and regain that glow your moisturizer to a stronger version and make sure that you exfoliate once a week. Mixing Extra Virgin Olive Oil with your moisturizer will keep skin moisturized and looking great. You'll get more bang for your buck by slathering on a rich moisturizer when your skin is still damp from your shower because the damp skin helps trap and hold the moisture in better.