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## Home body care for healthy winter skin

By Kay Wagner LMP  
Yoga and Pilates Instructor

Winter weather? Don't let it zap your skin. With a little TLC your skin will glow with health.

Here are simple home body care treatments to soften and heal dry winter skin.

Soften and re-mineralize. In the bath or shower, pour Epsom salt and /or sea salt onto a wash cloth and scrub away dry, dead skin.

Seal in moisture. After your bath or shower, massage body oil or lotion into your skin **before** toweling off. Then, if you have time, rub your skin with a wet wash cloth to stimulate and deeply moisturize.

Your feet will thank you for scrubbing them with an exfoliant. Try the salt mixture, a pumice stone or foot scrub. Massage with vitamin E oil and go to sleep wearing socks to seal in moisture.

Let a moisturizing facial mask work for you. Apply a moisturizing mask while in the shower. Raw honey works like a charm.

Skin thrives on massage. After cleansing and moisturizing your face, gently massage your face adding additional water or toner to keep your massage fluid. Use light patting and smooth upward strokes from your décolleté up to your hair line.

Soften, relax and moisturize hands. Next time you're using olive oil in the kitchen, pour a little into your hand and mix in some sea salt. Massage this incredible scrub into your hands and rinse.

Buy a paraffin spa dip. Ideally, scrub hands/feet before dipping. After dipping in the hot wax, put on plastic bags and seal in heat with oven mitts and wool socks. Deeply softening, the paraffin dip also relieves tension and stiffness.

Deep seal moisture for beautiful hands. Slather hands with Vitamin E oil, Eucerin Cream or any heavy, protective hand cream and then sleep in cotton gloves.

Cleanse and refresh from inside out. Start every morning with a large glass of water with fresh lemon, a package of Emergence-C or an Air-borne tablet. Drink in 64 ounces of water daily.

Provide moisture. Keep a bottle of alcohol-free toner handy and spritz frequently.

Use a humidifier or steam water on your stove.

Maintain healthy skin and robust health. Vitamin E, flax seed oil, Evening Primrose oil, Omega -3, fish oils, zinc and beta-carotene are all specifics for healthy, supple skin.

Love your skin. With healing treatments, massage and lots of moisture you will face spring with a smile.

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### **Stressed? Headaches? Insomnia?**

**Kay Wagner LMP has a special talent for helping people relax and improve their health. Kay offers "R &R" private sessions, coaching breathing, stretching and relaxation. She is a Licensed Massage Therapist and Certified Yoga and Pilates instructor. Learn to relax and rejuvenate in Kay's studio overlooking the mountains and water at 828 2<sup>nd</sup> St. Mukilteo WA 98275.**

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