

**WomansWorld**

March 5, 2018

—Rachel Cosma



**Take a Break!**

**Rejuvenate and soften dry skin!**

Winter may be coming to a close, but many of us are still suffering from dry skin. To the rescue: nourishing moisturizers! “Dry skin is common among women, as we have fewer sebaceous [oil] glands over our bodies,” says Beverly Hills, California, dermatologist **Ava Shamban, M.D.** Luckily, you can create your own all-natural potent moisturizers with hydrating ingredients like coconut, calendula and sweet almond oils for soft skin in minutes!

**Smooth rough hands and feet with Whipped Honey Cream!**

Revitalizing rough skin is as easy as pairing coconut oil—rich in deeply penetrating healthy fats—with shea butter—loaded with skin-softening vitamin E. Add a spoonful of honey to lock in moisture, and you have a cream that’ll turn dry, cracked skin velvety smooth!



- ❑ 1/2 cup coconut oil
- ❑ 1/2 cup shea butter
- ❑ 3 Tbs. honey
- ❑ 10-20 drops chamomile essential oil, optional

❖ Melt coconut, shea and honey in double boiler; mix well. Refrigerate until solidified (about 1-2 hours). Add chamomile, if desired. Use mixer to whip mixture until fluffy. Massage dollop of cream into hands and feet. Cream keeps up to 3 weeks in lidded jar.

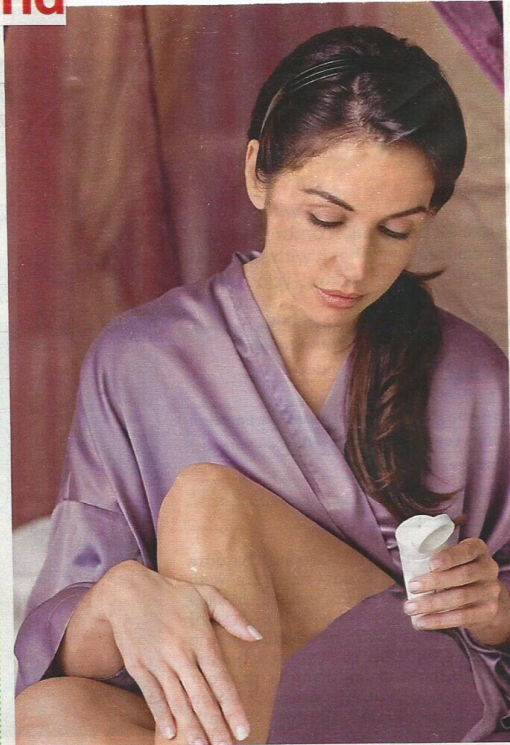


**Soften skin all over with “Supercharged Lotion”!**

Regular lotion just not cutting it? Supercharge it by adding hydrating oils! “Calendula and avocado oils are rich in nourishing antioxidants,” Dr. Shamban says, which serve as emollients to intensely soothe, hydrate and soften skin when added to a gentle lotion.

- ❑ 1/2 cup fragrance-free lotion (look for brands like Vanicream, Cetaphil or Gold Bond)
- ❑ 1 tsp. calendula oil
- ❑ 1 tsp. avocado oil

❖ Combine all ingredients in glass bowl. Smooth dollop of lotion over clean, damp skin from shoulders downward. Refrigerate remaining mixture in lidded glass jar up to 4 days.



**Hydrate and protect with an Anti-Aging Almond Moisturizer!**

Rejuvenate dry skin and shield it from aging with quickly absorbed, light-weight almond oil, shown in studies to naturally filter some of the UV rays that trigger fine lines and wrinkles! Boost the benefit with antioxidant-rich aloe to help maintain elasticity, and you’ve got an effective, youth-boosting skin elixir!



- ❑ 1/4 cup pure, alcohol-free aloe vera gel
- ❑ 1/4 cup sweet almond oil

❖ Combine almond oil and aloe in clean, lidded squeeze bottle; shake well before each use. Massage small amount of moisturizer into clean, dry skin. Keeps 4 weeks.

**Maximize your moisturizers!**

The secret to making your moisturizers extra-effective? Simply apply:

- ❖ **Body moisturizers after a shower** Smoothing lotion over damp skin helps lock in water on the surface of your skin and restore your body’s natural moisture barrier.
- ❖ **Face moisturizers before bed** Your skin naturally loses more water while you sleep. Moisturize before bed and you’ll wake up with a dewy, not parched, complexion!
- ❖ **Lotion after shaving** Shaving gently exfoliates, making post-shave the perfect time for your skin to drink in more moisture without dead cells blocking absorption.

