

Cleanse:

Twice per day, morning and night.

Moisturize:

Make sure you **moisturize** each time after your shower or bath. You may want to use a moisturizer that is a bit richer than what you use in the warmer months.

Exfoliate:

Exfoliate while you sleep. Wearing a nighttime serum will help (especially busy moms) to remove dead skin cells.

Stay hydrated ... Everyone should be drinking at least 8 glasses of water per day. Your skin will look firmer, and visible signs of aging.

Boost your vitamin c:

Choosing serums that include ingredients such as **Vitamin C, Vitamin D, Retinol, Green Tea, Niacinamide** and Resveratrol.

Get regular facials:

Get a facial monthly if you can. If you can only go a few times per year, then schedule a facial every season, and give yourself mini **facials** at home!

Avoid hot water:

Hone your moisturizing technique. **Avoid hot water**. It can strip your skin of its vital natural oils, causing dryness, dehydration, and increased sensitivity. If you're prone to eczema or rosacea, hot water is well-known for triggering pesky flare-ups.

Your diet can affect your skin:

A balanced **diet** is important, but there's more than one way to give **your skin** vitamins. The skin is an organ, just like your heart and liver, its built and maintained by nutrients from food.