

# Dry SKIN DIY

By Maria Oldham

*Natural solutions for staying moisturized*

With the cold weather, many women struggle to keep that fresh, summer glow of hydrated skin. Try a few of these natural home remedies for mild to moderate dry skin.



### Vinegar.

For chapped hands, apply vinegar after washing and drying hands at night. Sleep with a pair of soft gloves on for smooth skin in the a.m.



### Baking Soda.

Avoid dry hands from dishwashing by swapping the harsh dish soap for a sprinkle of baking soda in dishwasher. To relieve itchy skin, add 1 cup baking soda to a hot bath. Soak for 30 minutes and air dry.



### Honey.

Popular in lip products, honey is the perfect natural ingredient for healing chapped, cracked lips. Apply at night for smooth lips in the morning. Honey is also ideal for cracked heels and elbows.



### Oatmeal.

Often used in bath and body products, this breakfast staple is also a fabulous skin soother. The oats are full of Vitamin E, essential to healthy skin. After washing, rub hands with a handful of wet oatmeal, then dry with a towel and finish with a dry oatmeal rub.



### Salt.

Get rid of dry skin by massaging a handful of salt onto wet skin after a shower or bath. This will leave skin feeling silky smooth – naturally.



### Olive Oil.

Relieve dry skin by coating affected areas with olive, vegetable, sunflower, or peanut oil. Experts say that all of these oils can be effective for soothing itchy skin, particularly the hands, elbows, and dry cuticles. Add in equal parts brown sugar for an exfoliating and nourishing scrub.



### Yogurt.

Yogurt (especially plain Greek) is a great cleanser with mild exfoliation. It will remove dry skin safely using lactic acid instead of scrubbing granules.

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