

How to keep skin victorious in battle with winter winds

Winter started off mild in some areas this year, but the bluster and snow in other places signaled a warning to be prepared eventually for icy temperatures and their threats to the skin.

To help fight these attacks, and keep skin victorious over winter, Clinique Laboratories offers these suggestions:

- Moisturize more than usual. Even in dry cold that everyone says they don't feel, skin feels it and loses moisture. If you're not accustomed to wearing a moisturizer under makeup because you think it makes your skin look too oily, there is now a non-oily moisturizer that protects your skin, keeps it looking fresh and moist, but leaves no oily residue on your face.

- Prepare for the weather battle. In snow or sleet, wrap your muffler around your cheeks to prevent chapping. Consider leg-warmers or sweat-pants. Besides being fun to wear, they keep legs from getting flaky and chapped. And remember, feet that live in boots need extra care, a good lotion, or a tingly foot cream that smooths skin, also offers hygienic benefits.

- Keep up your defenses. Continue your exercise regimen or prepare a new strategy for winter activity. Vigorous exercise works up a sweat, and perspiration is another form of skin moisture that, if you're not active, usually slows down in winter. Leading a less sedentary life will rob skin of freshness and firmness. But remember, if you

are exercising outdoors, be sure to make a double coating of lubricating cream a part of your regular exercising costume.

- Watch out for the enemy. Winter sun gleaming on skin can burn it. For any winter sports, put a good sun block on your team of skin protectors. And do use sunglasses in winter. They protect eyes and delicate eye area from cold wind as well as sun. (For this, there's a Clinique rule: Whenever you reach for sunglasses, be sure to reach for a sun block, too.)

- Arm your skin. Carry a little stick of lubrication. Dab it frequently around lips, nostrils, under eyes. Wherever there's moisture, skin chaps more easily.

- Snow-alert for men: A moustache may be dashing, but it also collects snow and moisture that can freeze to ice and hurt. Again, a wraparound muffer helps, also a dab of light oil on moustache-hairs before going out makes it more water-shedding, less irritating to skin beneath it. The same is true for beards.

Flowering bulbs on sale

Orders now for summer flowering bulbs are being taken now by West Bloomfield Parks and Recreation Department. The Holland bulbs can be planted in early spring, once the ground is workable, and will bloom year after year. The bulbs come with planting instructions and are guaranteed. Gladioluses, dahlias, begonias,

cannas, catadium and amaryllis bulbs are among the selection available. All profits from this event will go to enhance Meadow Haven Nature Trail at the civic center site on Walnut Lake Road west of Orchard Lake Road. Call the parks and recreation office at 334-5660 for an order blank. Order deadline is Feb. 28.

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