Soothing solutions for rough winter skin

Check out some little-known skin facts and tips to avoid seasonal skin woes.





Dr. Dendy Engelman, DermatologistFollowing a few of these simple tips will rescue dry skin and deliver Good Skin

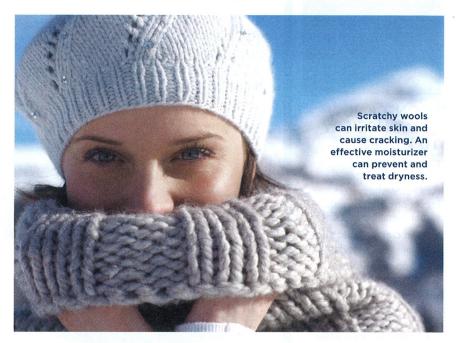
Days all season long.

- Holiday travel takes a toll on your skin. The humidity of an airplane cabin is around 1%, sapping skin of moisture. CARRY ON. Applying lotion before and after flights will keep skin feeling great.
- Water evaporates from skin in just one minute after toweling off post-shower or bath.

 TIME AND PLACE. Keep a fast-absorbing lotion like

 Vaseline® Intensive Rescue® close by so that you can lock in moisture within that minute.
- The amount of water you drink daily doesn't directly affect the moisture level in your skin.

 MYTH BUSTER. An effective lotion can affect your skin's moisture level by locking in what's already there.





For more skin tips and your free sample*, visit dryskinrescue.com/realsimple

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