Shield your Skin from Winter’s Harshness

By Shannon Morehouse, MA, CHHC

Now is the time to start feeding your skin moisture, creating a natural shield to protect you from the dry air and blistering wind that come with Central New York winters. Natur-Tyme’s Enhanced Beauty Area has many clean, toxin-free options to add to your winter protection artillery. Learn about some of our favorites, which we are featuring with great discounts all month!

Cleansing

Many conventional soaps are filled with harmful ingredients that are culprits to dry skin; one such ingredient is Sodium lauryl sulfate (SLS). Choose soap with naturally-moisturizing ingredients such as coconut oil, olive oil, palm oil, castor oil, jojoba oil, or sunflower oil; we carry dozens of soaps with such ingredients.

**Griffin Remedy Moisturizing Body Bars** are excellent options; they contain coconut, olive, and palm oils, as well as MSM. MSM has a softening, deeply-penetrating effect on the skin when applied topically. It has the unique ability to penetrate several skin layers and therefore provides a better, more deeply-hydrating and smoothing effect for longer periods of time.

We also highly recommend **Seaweed Bath Co. Sensitive Skin Soaps**. The Seaweed Bath Co. incorporates bladderwrack seaweed from the nutrient-rich waters of the North Atlantic Ocean into its line of high-quality, all-natural skincare products. The Seaweed Bath Co.’s innovative product line came out of founder Adam Grossman’s personal need to find effective, all-natural products to treat his psoriasis. As an alternative to biologic shots, Adam discovered the benefits of brown seaweed. After using seaweed-based formulas for only a short period of time, Adam’s flaking and scaling diminished, and the redness of his skin faded. In addition to seaweed, these soaps also have olive oil, castor oil, and sunflower oil.

Exfoliating can also help with dry skin. We recommend two exfoliating soaps. One is the **Dead Sea Warehouse Amazing Minerals Skin Polish**. This polish is gentle enough for the face, yet tough enough for knees, elbows, and heels. It contains organic jojoba oil, softening wheat proteins, and 100% Dead Sea salt grains. Another exfoliating option is the **Seaweed Bath Co.’s Detox Cellulite Soap**. In addition to seaweed extract, this soap has coconut oil, palm oil, olive oil, castor oil, and sunflower oil. The addition of organic coffee exfoliates the skin. The great bonus of this formula is that in addition to its moisturizing benefits, it also helps to diminish the appearance of cellulite.

Moisturizing

Most conventional lotions contain petroleum, a known carcinogen. And what we apply on our skin actually enters our bloodstream! We have several safe and highly effective lotions with such ingredients as shea butter, almond oil, cocoa butter, Moroccan argan oil, aloe vera juice, and calendula.

One of the simplest and most natural moisturizers for your skin (and hair too) is coconut oil. We recommend **Dr. Bronner’s White Kernal or Whole Kernal Coconut Oils**; they are USDA certified-organic and fair-trade. The coconut oil is solid at room temperature. Take a couple of tablespoons of oil out of the jar and heat it in a pot or pan. When it has melted, remove it from the stove. Wait for it to cool and apply liberally to the skin.

Certified-organic and fair-trade **Acure Body Lotions** contain organic Moroccan argan oil, which is very hydrating; the oil also contains a lot of vitamin E and fatty acids, which are both anti-aging. These lotions are specially-formulated with trademarked Skin-Immune technology, which amazingly moisturizes the skin against environmental distress, such as harsh Syracuse winter winds!

Like their soaps, **Griffin Remedy Body Lotions** contain the remarkably softening ingredient, MSM. They also contain organic...
Aloe vera juice; in addition to its moisturizing benefits, aloe vera juice also soothes wind-burned (as well as sun-burned) skin. This line of lotion also contains vitamin E, calendula, and almond oil, all of which are incredibly moisturizing. An ultra-moisturizing choice is Griffin Remedy’s Omega-3 Body Lotion, in addition to the aforementioned ingredients, this lotion has the added benefit of Omega-3s (from borage oil and flaxseed oil), which have anti-inflammatory properties and have a phenomenal effect on dry skin and psoriasis.

The Seaweed Bath Co. Body Creams contain sunflower oil, bladderwrack, seaweed, shea butter, argan oil, aloe, and Vitamin E; this is an amazingly soothing combination. We also love Gabriel Organics’ Seaweed line (that our Enhanced Beauty Salon uses in their seaweed facials). Gabriel Organics’ White Seaweed Healing Hand & Body Lotion has aloe as the first ingredient in this formula, which also includes white algae extract, safflower seed oil, olive fruit extract, and shea butter.

Our very own Natur-Tyme Enhanced Beauty Hydrating Lotion is a favorite moisturizer among our customers; it contains jojoba oil, almond oil, sesame oil, aloe vera gel, calendula, grape seed extract, and many more anti-aging ingredients. Two unique ingredients in this choice include Co-Q10 and Alpha Lipoic Acid. Co-Q10 and Alpha Lipoic Acid stimulate the activity of your skin cells; active skin cells are better able to excrete toxins and soak up nutrients.

Two long–standing customer favorite moisturizers are Alaffia’s Everyday Shea Moisturizing Lotion and Dead Sea Warehouse’s Amazing Minerals Moisturizer. Dead Sea Warehouse’s Amazing Minerals Moisturizer contains aloe, jojoba seed oil, sea water, honeysuckle extract, and olive oil. It is very mild and even suitable for children. Alaffia’s fair-trade certified shea butter is handcrafted in Africa; it is also very mild and suitable for children.