



### ***Use Hydrating Makeup***

There's nothing more frustrating than seeing your makeup flake off midday. During cold months, replace drying powder makeup with creamy formulas. After you apply your makeup, add a facial mist to your routine to pump up the hydration. Hydrating mist gives dry and dull skin a brighter, more supple appeal.

- Try:** - **Clinique Chubby Stick Cheek Colour Balm (\$24, [clinique.com](http://clinique.com))** -  
-**CoverGirl + Olay FaceLift Effect Makeup (\$18, [walmart.com](http://walmart.com))**  
-**Juice Beauty Hydrating Mist(\$25), [juicebeauty.com](http://juicebeauty.com))**

### ***Nutrition and Nutrients***

Add some healthy fats to your diet, such as avocados, nuts and olive oil. What you eat and drink directly affects your complexion. Moderate alcohol intake and other diuretics that cause dehydration.

### ***Drink, Drink, Drink....Water That Is!***

The cold days of winter cause our skin to chap and flake, but drinking uber amounts of water can balance us out and keep our skin hydrated. Aim for at least 12-14 eight ounce glasses a day. If fizzy water is your thing, that counts too, so enjoy!

### ***Best Hand Creams Ever!***

- Rich Girl Hand Cream SPF 25 (\$28, [nordstrom.com](http://nordstrom.com))**  
**Jack Black Industrial Strength Hand Healer (\$15, [nordstrom.com](http://nordstrom.com))**  
**SkinFix Ultra Rich Hand Cream (\$12, [ulta.com](http://ulta.com))**