

GIFTS & TOYS YOU'LL LOVE

Woman's Day

Happy Thanksgiving

22 DELICIOUSLY EASY SIDES & PIES

+ New turkey recipes!

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SPACE-SAVING IDEAS

Flu-proof your home P.191

Coats under \$55



15-MIN CHOCOLATE PRETZEL PECAN PIE

NOVEMBER 2013

376
512
P873
47
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5 SECRETS to softer, smoother skin

This winter, stop dryness before it starts with soothing head-to-toe tips and products.

1 Spoil those cuticles

The daily wear and tear on your hands, including constant scrubbing, can deplete moisture (especially around your nails, leaving cuticles sore and ragged). When skin is left untreated, bacteria can enter and cause infection. Rub in cuticle cream or oil each night before bedtime to pamper your fingers and lock in hydration.

► Sally Hansen Cuticle Eraser and Balm, \$6.49; at drugstores



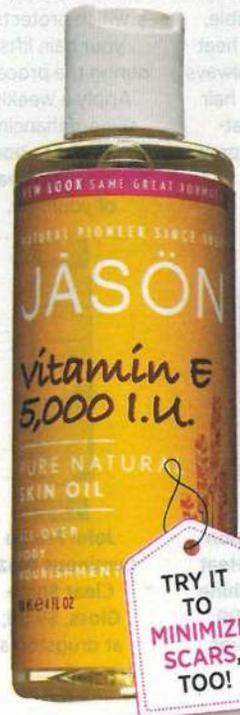
This balm protects even better if you leave the lid ajar, which will make the cream extra-waxy.

2

Massage your scalp

Your skin does not stop at your hairline—and neither does the need to moisturize. Many styling products, like hairspray, are formulated with alcohol, which can dry out your scalp and cause irritation. To ward off flakes and itchiness (or treat them if it's too late), put a drop of vitamin E oil on your fingertips and massage directly onto your scalp in small circles. Worried about greasy hair? Try this trick at night. Plus, vitamin E oil has a unique way of quickly melting into skin so it won't build up and weigh down your locks.

▼ Jason Vitamin E 5,000 IU Pure Natural Skin Oil, \$9; jason-personalcare.com



TRY IT TO MINIMIZE SCARS, TOO!

3

SWITCH UP YOUR FACE LOTION

SheaMoisture Coconut & Hibiscus Spot Correcting Moisturizer, \$11.99; at Target stores



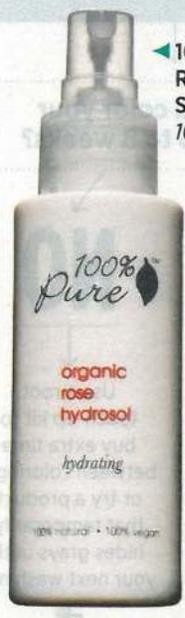
Cool air and low humidity cause skin to lose moisture and vibrancy. The fix: a daily face lotion with vitamins C and E, which brighten and even out skin tone. Using the tips of your fingers, apply the moisturizer in an upward motion. This improves circulation and brings oxygen to the surface for healthy, glowing skin.

4

Spritz away redness

When skin is dry, tiny superficial cracks form along the surface and make it more sensitive and ruddy-looking. Applying facial cream twice a day is a great way to keep skin hydrated, but what about those midafternoon flare-ups? Use a soothing facial spray infused with rose oil, a natural anti-inflammatory, to instantly calm skin—you can even apply it over makeup.

◀ 100% Pure Organic Rose Hydrosol Spray, \$13; 100percentpure.com



Perfectly sized to fit in your bag!

5 Slather on a rich cream

A good rule of thumb: When you turn on the heat indoors, switch to a heavier body cream or butter. Both of these formulas contain a higher concentration of moisturizing ingredients (look for glycerin, hyaluronic acid or shea butter). To keep scaly patches from forming, use a product with a built-in chemical exfoliator, like salicylic acid.

▶ CeraVe Renewing SA Cream, \$22.99; at drugstores



ALSO INFUSED WITH ANTIAGING VITAMIN D

SOURCES: Paul Jarrod Frank, MD, cosmetic dermatologist, New York City; Debra Luftman, MD, board-certified dermatologist, Los Angeles; Renée Rouleau, celebrity aesthetician.