Nurse’s Nuggets

**Tips for Healthy Winter Skin and Hair**

* Avoid long, hot showers and baths that are tempting in the winter months. Try warm, shorter showers instead. Dry, itchy skin can be so uncomfortable. It can lead to cracked skin that can open and lead to infections. Hot water will strip the natural oils in our skin.
* Moisturize immediately after bathing when skin is still damp. Keep moisturizers next to tubs/showers as a reminder. Choose products in the winter carefully. Avoid highly fragranced products that contain skin drying alcohols and chemicals. Choose oil-based products in the winter as opposed to water-based products that are better in the summer months. Opt for Vitamin E, Jojoba oils, Olive oils, Almond oils, Cocoa/Shea butter. Always be aware of natural ingredients that may interfere with a food allergy. Many products contain natural nut oils and could potentially cause a reaction. Always discuss this with your doctor.
* Try to adjust the humidity in your home. The lower the humidity, the less moisture for your skin. Dry air leads to cracked skin and dry hair.
* YOU STILL NEED SUNSCREEN IN THE WINTER!
* Hydrate with water. We tend to drink less water in the cold months as we opt for warm beverages. Hydrate with water from the inside-out!
* Protect hands from chapping by wearing gloves outside.
* Keep a moisturizer for lips, hands, elbows, and feet at night by your bedside. Don’t forget the kids too! Get them in the habit now and it will last a lifetime! Many visits to the health office are for kids with dry lips, cracked hands, itchy skin and nosebleeds from dry skin and dry air. Using saline spray daily at night, doctor approved ointments in the nostrils and humidifiers may help. Always get doctor approval first!
* Moisturizing feet and putting socks on, holds in moisture and may prevent dry/ cracked heels.
* Winter skin can be fragile, avoid irritating fabrics.
* Use a mild detergent in the winter.
* Eat healthy foods that contain high water content, Vitamin C, Vitamin E, Zinc, and foods that contain Omega-3 fatty acids/oils, like fish!
* Avoid over-scrubbing and stripping cleansers that contain glycolic acids and salicylic acids in the winter. Choose a calming cleanser in the winter. Pat skin dry instead of scrubbing. Hydrated skin appears younger and less wrinkled!
* Use homemade facial masks made with honey, oatmeal, avocado, olive oil, yogurt, almond oils, and bananas! ALWAYS CHECK FOR FOOD ALLERGIES!!!!!!! Avoid getting in your eyes! This is so fun with kids!
* Don’t neglect your nails- use cuticle oil daily! The skin on our hands is thinner and contains less moisture. Skin can easily become cracked and introduce infection.
* Hair can become dry and brittle and lose shine and luster in the winter, especially as we age. Try a deep conditioning treatment one time/week. Avoid washing your hair every day if possible. 3-4 times a week is best in the winter **for dry hair.**  Use conditioner daily. Avoid hot blow dryers and irons daily. DO not go outside in the cold weather with a wet head, it strips moisture. Avoid over-brushing that can cause frizzy/static hair, use a wide-tooth comb instead.