WEEKLY WELLNESS TIP

Fending off itchy, dry skin

Parched, itchy skin is a common cold-weather complaint among Northwesterners. To avoid this problem:

- Bathe less frequently. Bathing just once or twice a week gives your skin a chance to re-accumulate protective natural oils that hold in moisture.
- Keep bathing time short. Limit shower or bath time to 5 or 10 minutes, and use warm water. Hot water dries out your skin.
- Blot or pat your skin dry. Don't rub it.
- Avoid harsh soaps and deodorants. Use minimal amounts of mild soap.
- Apply moisturizer twice daily. Always apply it immediately after bathing and before bedtime.
- Use a humidifier in your home during the winter. Avoid electric blankets and clothing made of scratchy fabrics. And drink at least eight glasses of water daily.

This tip is provided by Group Health Physicians.
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