

The skinny on *skincare*

Quality care protects your skin

By Heather Toskan

If the cold, blustery weather wreaks havoc on your skin, it's time to take comfort by adopting some expert winter skin-care tips.

“During the winter months, almost everyone’s skin suffers from dryness and dehydration. It can be a real challenge to maintain healthy, attractive-looking skin as the skin’s natural hydrolipidic barrier is stressed by the effects of the cold, dry outdoor winter weather as well as by the drying effects of indoor heating,” says Dr. Wei Jing Loo, a dermatologist and the medical director of DermEffects in Hyde Park.

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“The skin is the body’s largest organ. In order for it to function optimally, it must be properly cleansed, nourished and protected.”

*Jan Drogemuller, aesthetician
at Mayfair Salon and Spa*

