# Glamour Girl's Guide to Silky Soft Hands!  

Keeping your skin soft (especially hands) year round can be a challenge. From scorching sun to frigid winter weather, skin suffers more than it's fair share of woes.  Dry skin not only feels uncomfortable, it can wrinkle more easily! To keep your skin feeling soft and silky year round, try these free tips for skin care beauty. 1. Protect your delicate skin every single time you go outdoors. In summer and winter and every season in between, you should wear a high SPF sunscreen. Winter is no exception. Just because you can't feel the sun's heat on your skin, doesn't mean that the sun's ultra-violet rays are causing damage to your skin. 2. Wear kitchen gloves when washing dishes or handling caustic cleaning chemicals. 3. Forgo hot showers, hot baths and hot tubs. The heat from the water will dry out skin almost as quickly as a trip outdoors. 4. Apply deep moisturizing lotion to your still wet skin the moment you step out of the shower, and before you dry off. 5. Exfoliate skin at least once weekly to help get rid of the top dead layer of skin cells that can often appear super dry and flaky. This will help expose fresh, glowing skin beneath. 6. Hydrate yourself: Think of your skin as a plant, that depends on plenty of water for it's survival. The only real way to truly moisturize your skin is from the inside out. Take advantage of this abundant moisturizing feast. Drink lots of water daily.  7. Moisturize hands, arms, legs and entire body daily using a super rich intense moisturizer, like Shea butter. Shea butter moisturizers work well to alleviate dryness in all weathers and are an affordable option for maintaining skin moisture. And, unlike traditional store bought moisturizers that contain cheap fillers, like pore clogging mineral oil, Shea butter is all natural and good for your skin! (Most spas prefer it, too!)

## About the Author

Beauty Supply 4 Less. Net offers professional beauty products at Internet prices, we carry a variety of hair dryers, flat irons, clippers, trimmers.

Source: http://www.productsherbal.com