



# WINTER DRY SKIN PREPAREDNESS

Presented by:

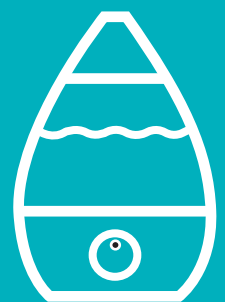


Using O'Keeffe's moisturizing products can help keep skin cells hydrated and act as a barrier on the skin to prevent moisture loss. Moisturize your skin at least twice daily to prevent dryness and cracking.

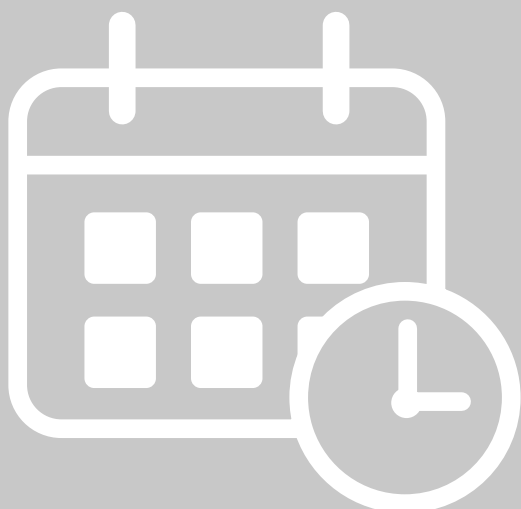


Some experts recommend taking a bath or shower about 5 to 10 minutes in length with lukewarm water, rather than hot water.

Experts recommend soaking a washcloth in **ROOM TEMPERATURE MILK** and applying it to your face, holding it there for 15-minute intervals.



Heaters dry out skin. A humidifier prevents dryness that can lead to itchy skin.



Using a gentle exfoliating product about once or twice a week during winter will help rid the skin of its dead, dry and flaky top layer, bringing healthier layers to the forefront.



To learn more about how you can stay AccuWeather Ready for winter, visit [AccuWeather.com/Ready](https://www.accuweather.com/Ready) or tune into AccuWeather on Fios or DIRECTV.