

FYI

Seal in that hydration

Winter is almost here, which can only mean one thing — time to lock in that moisture and keep your skin healthy, glowing and soft like a goose-feathered pillow.

While the easiest and inexpensive way to pamper your skin is to use body lotion, let's revise a few reasons it is a must use product for the impending cold.

RE-HYDRATION

Dry or chapped skin can be a resultant of extreme temperatures and even wind, which at times, becomes harder to treat with normal cosmetics. A body lotion of good quality can usually take care of these problems, especially if applied right after a shower. The lotion traps in the moisture skin deep and keeps it soft, supple, and hydrated.

DRY TO ROUGH SKIN

Regardless of what skin type you have, everyone has a few regions of the body that usually require a little extra love and moisture, like elbows, knees or even hands. For best results, apply generous amounts, either after a shower, or before bedtime. With daily use, the skin will slowly change from rough to silky smooth.

CALLUSES

Most people have calluses on their feet, that are



not just unpleasant to look at, but also painful. Use a moist lotion on these areas to make the skin supple, making it easier to get rid of the dead skin.

REMOVING STATIC

It is common during winter for static to form on clothes. This happens due to the lack of moisture in the air. In order to get rid of that static, just rub some body lotion onto your hands until it is completely absorbed or slightly damp. Then rub your hands on the clothing item (be careful not to use too much).

FOR NAIL CARE

Some of the most neglected parts of our body are the feet and hands. It is often hard to even realise that your nails require nourishment and hydration too. So, don't forget to apply a generous amount on them, paying attention to your nails and cuticles.

FRIZZ CONTROL

A quick trick to getting rid of frizz in your hair is to apply some lotion. Simply take some lotion and rub it into both hands, until they are only slightly damp and then run your fingers through your hair to tame that frizz and any flyaway.

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Photo: LS Archive/Sazzad Ibne Sayed



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বিউটি

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