

# How to keep dry skin moisturized during the winter

By Emily Lloyd

The common struggle during the winter is how to keep dry skin moisturized and healthy.

If you have dry skin, Spanish teacher **Kaitlyn Camp** says she likes to wash her face with water in the morning to avoid using any harsh chemicals. Some skin care products contain chemicals such as ammonium, sodium talowate, cococate and salicylic acid which are very common in acne-preventing soaps which should be paired with a moisturizer to help regain moisture in the skin.

This can help prevent dryness and the loss of facial oils that are vital to the protection of skin. If you have combination skin, despite what you may think, your skin needs to be kept very well hydrated.

The overproduction of oil is due to lack of hydration and natural oils within the skin.

Sophomore **Etini Inyang** recently got into skin care due to an unexpected bout of discoloration this past summer.

Inyang said in the past she was "lazy with her skin" and she decided that had to change with a helpful push from her mom. Skin care has become an important regime in Inyang's daily routine, she recently posted a skin care thread on her Twitter containing aloe, Vaseline and African black soap, which can be harsh on some skin types. Inyang has combination skin so this regimen works

well for her.

Sophomore **Thlahnem 'Emily' Sung** has been caring for her skin since she was nearly two years old using a facial product called Thanaka.

Thanaka, a paste that is made from grinding the bark of a Thanaka tree against a wet stone, according to RetreaTours, is used by Burmese people during all seasons. It is used most commonly during the summer as a sunscreen because Burmese don't want to be tan, so they use it to lighten their skin, says Sung. During the winter, she also uses aloe vera with Thanaka to moisturize her dry skin.

Another calmer solution that can work with all skin types but especially for oily or sensitive skin, the CeraVe hydrating facial bar really helps to keep skin hydrated but not oily.

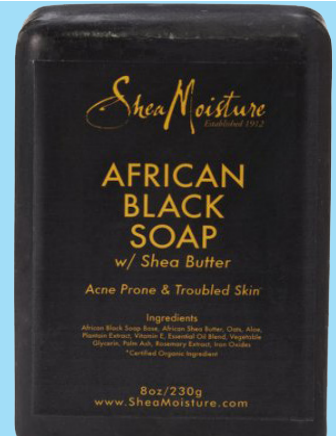
The main focus is on what people see most, your face, but that isn't the only thing that goes through peril during cold weather. The whole body needs moisture that the air lacks in the winter-time.

Some good products to keep skin hydrated in the winter are coconut miracle oil ultra moisture body wash, this helps fight dryness, they also have a matching lotion which works well together.

Most importantly keeping a healthy diet and drinking a lot of water helps to keep skin in check during the harsh seasons.



Thanaka is available on Amazon for \$8.50 or can be purchased at Burmese stores such Chin Hill Asian Grocery on 7749 S Meridian St.



African Black Soap is available at Walmart for \$6.02



Cetaphil Daily Facial Cleanser is available at Target for \$6.39



CeraVe Hydrating Cleanser Bar is available at Walmart for \$4.47

## How to do Etini Inyang's skin routine:



Inyang begins to lather her African black soap in preparation to put it on her face



Inyang rubs soap into her face to help clean her combination skin in the mirror



Inyang rinses her face well with water in order to get all the soap off



Inyang dries her newly cleansed face (Photos by Emily Lloyd).