

# 5 Ways to Banish Winter Skin

## 1. Master the Short Shower

Too much hot water strips away the skin's natural oils – so keep your bath time short. And use warm water – never HOT.

## 2. Moisturise QUICKLY!

Apply your body moisturiser within 2 minutes of showering or washing your hands. This helps to trap water and seal in moisture. Consider swapping your moisturizing lotion for a body oil. Our Baobab Body Oil won a top award in the European countries because it does such a good job of keeping skin soft and supple during the winter months!

## 3. Be Gentle with your Skin

Exfoliate your whole body once a week, but BE GENTLE. Avoid over-scrubbing as this damages the skin and compromises the lipid barrier affecting its ability to retain moisture. And don't rub your skin dry - gently pat it.

## 4. Get Humid

Heaters (and air-conditioners) dry out the air, irritating your skin and exacerbating dry skin conditions. Use a humidifier in your home and office to replenish the air with moisture. Aim for indoor humidity of about 50%.

## 5. Don't forget your lips

Keep a moisturizing lip balm in your handbag and USE IT regularly! Make sure it has an SPF to protect against chapped lips. Our New Mongongo Lip Butter is the perfect winter essential to keep your lips moist and protected.



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