

## What's this? Dry skin already!

It seems that we just went from having soft and supple skin and now with the cooler weather we are beginning to see little patches of dryness. You want to stop it now before worse things happen.

Here are some helpful skin care ideas of things you can do now before things get out of control.

### Preventative for Dry Chapped Skin

Any time of year can be brutal to our skin. To help keep you skin soft and moist you must do several things.

- 1) Protect it as much as possible from extreme temperature changes. Exposure even for a few minutes to subnormal temperatures can cause damage. And even a 20-30 degree drop from inside a building of 70 degrees to outside temperature of 45-50 degrees can start the process of drying your skin.
- 2) Help prevent moisture loss by applying a good lotion or body oil. You don't necessarily need a lot, but you should try to apply something to help "lock" in the moisture. A few drops of [Jojoba or Camellia](#) or your other [favorite carrier oil](#) for your skin type smoothed on after a bath or shower can help immensely.
- 3) Also, remember to drink plenty of liquids. Many folks forget to drink plenty of fluids in the cooler fall and winter months. Did you know that in the winter, you can become dehydrated very fast?

The best thing beverage to drink is plain water. Yeah I know you've been told it before, but Water really is the best!

Once the skin is dry and chapped, you will really need to protect it from further damage.

To help heal and encourage the growth of new skin cells you should apply a cream or oil that has one of two of the following oils added. [Lavender](#), [Carrotseed](#), [Geranium](#), [Neroli](#), [Rosemary](#), [Sandalwood](#), [Roman Chamomile](#), [Jasmine](#), [Rose Otto or Absolute](#), [Helichrysum](#) and [Rosewood](#). A little [Peppermint](#) added to your lotion will help stimulate the skins own oil glands to produce more oil.

You may need to discontinue using soaps, or use a very mild soap if the dry skin is getting worse.

Did you know that any lotion can be used to remove makeup and also to clean the skin? Simply apply the lotion to your skin, massage lightly and then rinse off using tepid water. Try to avoid using lotions that have alcohols listed as an ingredient as they will continue to dry your skin.

To your lotion or cream add a little [Rosehip seed oil](#) or [Hazelnut oil](#). Both are known to help heal skin.

You may want to try our [Penny's Cream de la crème](#). It is a blend of a skin softening cream mixed with Jojoba, [Rosehipseed](#) and other oils along with [Lavender](#) and Rose otto. This cream works great on both healthy and sore dry skin. Just a small pea size drop will cover a lot of skin! It has a light delicate scent. Both men and women love this cream.

Remember to apply [lotions](#) or [creams](#) several times a day and especially at bedtime. Lotion and creams are blends of oil and water mixed with an emulsifying agent. This way when water is mixed with oils you can both moisturize and 'lock' in that moisture with the oil in the lotion!

Here are a few simple recipe blends to try.

#### For Normal Skin

[Lavender](#) - 15 drops  
[Geranium](#) - 8 drops  
[Rose](#) - 4 drops  
[Carrier oil or lotion/cream](#) - 2 ounces

#### For Dry Skin

[Sandalwood](#) - 10 drops  
[Geranium](#) - 7 drops  
[Ylang Ylang](#) - 5 drops  
[Rosewood](#) - 3 drops  
[Carrier oil or lotion/cream](#) - 2 ounces

#### For Oily Skin

[Lemon](#) - 15 drops  
[Cypress](#) - 10 drops  
[Carrier oil or lotion/cream](#) - 2 ounces

#### For Mature Skin

[Lavender](#) - 15 drops  
[Frankincense](#) - 5 drops  
[Neroli](#) - 5 drops  
[Carrot seed](#) - 5 drops  
[Carrier oil or lotion/cream](#) - 2 ounces

#### Disclaimer:

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Aromatherapy Tip of the Week

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