



DONNA PACE, RHN, CERTIFIED ESTHETICIAN

insider secrets for natural beauty

Q This winter my skin is very dry, especially on my legs, with white flakes that look like dandruff. My arms are also quite dry. What can I do to stop my skin from drying out like this?

– Janet, North Bay, Ont.

A Dear Janet,

It's quite common to experience dryness at this time of year. A lack of EFAs in the diet can result in dry skin, hair and nails. Foods such as wild salmon, sardines, flax seeds and walnuts are an excellent source of omega 3 fatty acids (EFAs). You can also supplement with a good quality fish oil.

As well, I suggest supplementing with hyaluronic acid, which is known as H.A. Hyaluronic acid is present in the body and decreases as we age, resulting in less moisture in the skin. Some moisturizers include H.A., so it can be applied topically, and can hold up to 1,000 times its weight in moisture.

Try using a gentle body wash with glycerin. It's a humectant, so it attracts moisture to the skin. Moisturize daily with a body lotion or cream that contains oils such as jojoba or argan oil to lock in the moisture.

Q The skin on my elbows is extremely dry these days. What do you recommend I do to prevent this?

– Lydia, Nanaimo, B.C.

A Dear Lydia,

Elbows can sometimes be the first place dryness occurs. My best advice is to use an exfoliant and moisturizer, and lots of it. One of my favourite products is argan oil, a nourishing oil used for centuries by women in Morocco. It's packed with antioxidant polyphenols and essential fatty acids, and has nearly three times the amount of vitamin E as olive oil.

Start by exfoliating the area daily with an argan oil scrub and then massaging in argan oil twice a day. Ensure that you are eating a balanced diet that includes omega 3 fatty acids (EFAs).

If the skin is red with thickened dry skin, check with your health care practitioner to rule out psoriasis. Another factor could be low estrogen levels, which can also be associated with dry elbows. ❖



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