

# Rescue Me

## 7 Simple Solutions to Common Winter Beauty Problems

By Judi Rothenberg



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## 1 Face the Facts

Soothe and renew skin damaged from bracing wind and dry indoor heat with the healing power of marine enzymes. **IS**, developed by Icelandic scientists, is a multifunctional product that cleanses, protects and stimulates the regeneration of healthy skin cells. **Face Stockholm's Icelandic Solution**, \$179. [www.facestockholm.com](http://www.facestockholm.com)

For a smooth and velvety complexion, plant based **Aveda Botanical Kinetics Hydrating Lotion** delivers concentrated hydration for your face and throat with jojoba, rice, palm and coconut oil. \$33, [www.aveda.com](http://www.aveda.com)

## 2 Pure as the Driven Snow

**Nourish body butters and lotions** moisturize skin with 100% organic ingredients. No parabens, artificial fragrances, sulfates or preservatives are used. Available in almond vanilla, lavender mint, fig, wild berries and unscented \$10 each, [www.nourishusda.com](http://www.nourishusda.com)

## 3 Eye Opener

If late nights and dark winter mornings make it hard to get going, try a quick swipe of **Simple's Revitalizing Eye Roll-On**. The cooling metal rollerball wakes up tired eyes and helps reduce puffiness, \$12, [www.simpleskincare.com](http://www.simpleskincare.com)

## 4 Lip Service

Protect your lips from harsh winter weather with a hydrating lip balm. **Elite Therapeutics' Essential Lip Therapy** blends vitamin e, soothing manuka honey, orange peel oil, acai, pomegranate and rice bran to keep your lips smooth and moist. \$13, [www.elitetherapeutics.com](http://www.elitetherapeutics.com)

## 5 Lend a Hand

Constant hand washing is smart for cold and flu season but can be rough on your hands. A quick and effective way to restore them is the **Sixty Second Hand Fix** by crabtree and evelyn. The two-step treatment consists of an exfoliating scrub followed by an ultra-rich hand cream. Available in three heavenly fragrances, rosewater, lavender or citron honey and coriander, \$15, [www.crabtreeandevelyn.com](http://www.crabtreeandevelyn.com)

## 6 Lets Play Footsie

Turn rough and dry feet into soft, happy feet. **Runway Ready Luxury Foot Treatment** exfoliates with glycolic and salicylic acids and then softens with argan oil and shea butter. \$25, [www.dermelect.com](http://www.dermelect.com)

## 7 Don't Be a Flake

The only flakes you should see are snowflakes! This indulgent chocolate body scrub sloughs off dead skin cells with a mixture of pure cane sugar, rich cocoa butter and organic dagoba chocolate. **Peruvian Cocoa Azul Scrub**, \$26, [www.bellalucce.com](http://www.bellalucce.com)

