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Ask Your Walgreens Beauty Advisor



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Q: How can I keep my skin from drying out in winter?

A: Wind, cold and dry conditions can wreak havoc on delicate skin. So while a hot shower sounds soothing, especially when it's chilly out, it can actually dry skin further by removing its natural oils. Stick to warm water instead. Slough off dead skin with an exfoliating scrub. When you're done and while your skin is still slightly damp, slather on a body cream to seal in moisture. Creams and body butters are heavier than lotions—perfect for staying soft, not scaly, in the winter months.

Q: What about my scalp?

A: The same goes for your scalp in winter weather—it needs a little TLC. Washing with a dandruff shampoo will moisturize the scalp. Once a week, apply a hair mask for added conditioning. Post-wash, products like argan oil help hydrate hair from root to tip. Be sure to give the ends of

long hair some extra loving care with products aimed at saving you from split ends.

Q: What exactly are parabens? Are they bad for me? How about sulfates?

A: Parabens have long been used as a preservative in cosmetics, shampoos, lotions, gels, even toothpaste. Lately, these have become a controversial topic because even though the FDA has not deemed them unsafe for use in cosmetics, some scientific studies have suggested a link to their presence and breast cancer. As a precaution, many brands are coming out with paraben-free products. And sulfates are detergents that produce lather. They can be harsh on sensitive skin and may strip away color from your locks.



Bianca, Walgreens Beauty Advisor

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