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Wake up your face: Winter skin-saving tips

Jan 03, 2013 10:00 AM by Chad Hayduk

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Wonderful winter skin care



FIGHT THE COLD

Cold climates and packed schedules can be detrimental to the health of your skin. Indulge in some professional skin care and brilliant household treatments to look your absolute best despite the chaos of the season. Cheers to you!

Pamper your face

When was the last time you got a facial? Often? Never? Why not give it a try this winter — you'd be surprised at how great you'll feel and how amazing your skin can look! I had the opportunity to speak with skin care expert and spa owner, Enrique Ramirez of New York's popular [Face to Face NYC Day Spa](#), about the stresses of winter skin and how to combat them — often in one easy, relaxing treatment. Some treatments can be done easily and quite inexpensively at home!

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Why facials are essential

Why not get a facial or do one yourself? Enrique says that facials are designed to help cleanse and remove debris from the inside out and outside in while also providing anti-aging benefits. Women today are more health conscious, more educated about skin care and in turn are taking better care of their skin. They are more interested than ever in ingredients and trends in natural and organic products. With that in mind, he is seeing more of a focus on natural and organic ingredients in skin care and treatments that provide immediate results.

Enrique's at-home skin saver

Look in your kitchen! One of Enrique's best tips can be found here. Mix a few tablespoons of honey with sour cream and smooth the mixture over the face. Let it sit for 10 minutes and then rinse with warm water. It's easy to do and highly effective. It immediately hydrates and soothes giving dewy, soft, supple skin in minutes!



Eye rescue

Tired, irritated eyes? Try **Yonka Phyto Contour**. The anti-fatigue answer for eyes, it restores firmness to the eye and lip contour and provides a feeling of freshness and relaxation to tired eyelids. This cream contains extracts of rosemary to visibly reduce puffiness and dark circles, grapefruit to brighten and beech bud to restructure and smooth.

You can follow Enrique on twitter [@enriqueskincare](#).

More on skin care

- Don't let your hands give away your age
- Gift guide: Men's grooming must-haves
- Our favorite holiday beauty sets

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The facial benefits

Eastern herbal treatments are becoming a huge trend especially in treatments that de-stress the skin. In fact, with Enrique's newest facial, The Thai Herbal facial (\$170 for 80 minutes), he uses warmed, gauze-wrapped herbal "ball packs" to relax tense facial muscles by way of Shiatsu acupressure point massage. The treatment stimulates circulation using turmeric, prai, tamarind, orange skin and lemon grass. It not only releases trapped energy to smooth and soothe, but also de-puffs and decongests tired, puffy, holiday-stressed eyes. It's great for allergy sufferers too — and smells heavenly! Enrique's favorite products tend to be plant- and aromatherapy-based.



Fruitful face

Need an instant pick me up? Try **Astara Green Papaya Nutrient Masque**, which instantly cleans, revives and freshens with a blend of exotic fruit, tree and herb extracts combined with antioxidant vitamins to nourish, resurface, soothe, polish and hydrate the skin.

The ultimate skin preserver

Looking for a great gift or a special treat for yourself? Try **Clarisonic's Opal Sonic Infusion System**. This palm-sized sonic infusion device is specially designed to help build skin's resilience over time and prevent future damage around the eyes. By gently tapping the skin around your eye at 125 sonic movements per second, the Opal dispenses a specially formulated Anti-Aging Sea Serum (or your very own favorite product!), maximizing absorption in a way that's not possible with your finger alone. The result? It gives an immediate reduction in the appearance of fine lines and wrinkles for younger looking skin.



for the holidays



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