

Winter Dryness

Often winter is felt instantly in the dryness that it brings – skin, hair even mucous membranes seem to tighten and crack uncomfortably. This natural dryness is aggravated by forced air heat, wood stoves and fireplaces in the home and the blasting heat in the car. Replenishing fluids with water and herbal teas is a natural for moisturizing from the inside, and consider these recommendations to moisten up your life from the outside:

- Get a humidifier, especially for your bedroom, or put a pot of water on your woodstove – add a cinnamon stick or a handful of cloves for a pleasant aroma.
- Find a good emollient moisturizer without harmful additives like parabens and propylene glycol. Look for a moisturizer that contains natural oils like castor oil, argon oil or the restorative and protective properties of sea-buckthorn.
- Do the occasional castor oil intensive – if you're just hanging around the house for the day gently pat a good layer of castor oil on your face and neck and watch your skin drink it in! Castor oil is considered a healing oil for all purposes, it restores the natural moisture balance – and it is anti viral/bacterial too.
- Ayurvedics moisturize the nostrils and ears with sesame seed oil.
- Sesame oil or coconut oil can also be used as a whole body moisturizer.
- Use a rose water mister through the day – “the rose distills a healing balm, the beating pulse of pain to calm” – great for dry and sensitive skin

