

The winter season is a time to revive and rejuvenate, but it is also the perfect time to repair and restore. While we spend time inside, away from the cold, it is important to take extra care of our bodies both inside and out. With the expert advice of Julia Tatum Hunter, MD, you'll learn how to turn your winter blues into a fresh, spring start.



Julia Tatum Hunter, MD

**Q: What are the common procedures to undergo during the winter?**

**A:** Winter is the perfect time to focus on hydrating, repairing, rebuilding, stimulating and tightening the skin with therapeutic products, peels and laser treatments. Because cold weather and dry heat cause dehydration and inflammation, it is important to drink 1–2 liters of water a day. Additionally, add a scoop of CosMedix's **Balance** to each liter to reduce inflammation and promote healthy, beautiful skin from the inside and out.

*Tip:* If your fingernails and hair are growing at your 'summertime' rate, then your skin is making new collagen and receiving the nutrition it needs.

**Q: What are the biggest myths about winter skin care?**

**A:** Because there is less daylight and the sun does not feel as strong, most people forgo the use of sunblock, believing that the sunscreen included in their makeup is adequate. However, only sunblock protects against sun damage—not sunscreen—so everyday use is imperative. CosMedix's **Protect** and **Reflect**, as well as **MineraLogics** mineral makeup, include maximum protection against UVA, UVB and UVC rays.

*Tip:* Lack of adequate antioxidant protection results in brown spots, thinning, lax skin, spider veins and various skin cancers.