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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Winterize – Prepare Your Skin For Winter

By Sharon Hopkins

Dry, itchy and cracked skin goes hand in hand with winter season. Change in temperatures and

humidity, indoor heating, hot showers and bath remove important oils and moisture from the skin causing dryness, flakiness and cracking of the skin. If you think, winter equals to dry cracked skin with no or very less preventative measures, think again. Read on for some TLC for your winter weary skin –

– Bathing – Hot water bath breaks body oil that is easily washable. If you cannot avoid hot bath, add oils like almond, sesame or other bath oils to your water. Alternatively you can add milk to your bath water. It restores the oils leaving it soft and supple.

– Cleanse & Exfoliate – Before you begin your bath, exfoliate your skin with loofah. Avoid strong base ingredients and anti bacterial products; opt for gentle moisturizing revitalizing products.

– Drink at least 8 – 10 glasses of water every day. By keeping your skin well hydrated, your skin will not suffer from dryness, rashes and itchiness. Avoid excessive usage of caffeine beverages that strips moisture from the skin.

– Moisturize properly and your skin will remain soft and supple all through winter. Use moisturizer that has the necessary vitamins and hydration properties for your skin. One should apply moisturizer within a minute or so of having a shower or bath. Damp skin traps the water in the upper layers and decreases dryness and itching.

– Keep petroleum jelly nearby. Dab some of it on problem areas to seal the moisture and heal the dry skin. You can rub it on all the dry areas of the body. It is very soothing backup substitute.

– If possible, try taking a multi vitamin pill that has good dose of vitamins B, C & E. It will help your skin as well as ward off common cold. Avoid overdose multivitamin pills for adverse effects.

– Use sunscreen in winter as you would in summer. Ideal sunscreen is one which is light, oil free and has SPF 15.

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– If you can afford to going to spas for luxurious and rejuvenating treatments for winter weary skin, there is nothing like it. Spa and other hydration treatments super hydrate your skin.

Sharon Hopkins is the Webmaster for

<http://www.skin-care-at-home.com>

that provides information on

how to keep your skin healthy and beautiful with home made skin care recipes and tips on skin nutrition. Read on how to prepare and protect your skin in winter.

Rose Winterization

By Sara Nightingale

There are two main reasons we should winterize our rose plants.

1) We are protecting the plant from dying 2) We are protecting the canes from damage.

Here are some tips for winterizing your favorite rose plants:

First, you must steer clear of fertilizing during the winter because if you try to encourage new growth in the winter it will only make your roses more accessible to dying from freezer burn.

Second, you should stay away from the white plastic cones when doing your winter protection because they shut in too much heat during the winter thaw.

To winterize your rose bushes you will need to start by cutting your bushes back. Most will recommend 3 feet up from the ground. Small limbs should be removed, leaving 3–5 of the most vigorous canes. All remaining leaves need to be removed. After doing this you need to bring in extra soil or you can use mulch such as; wood chips, sawdust, shredded hardwood, or pine bark, instead of the soil, this should be mounded 15 to 18 inches high. This will provide the extra heat needed in the winter without over heating your plant later in the season.

To winterize your climbers, remove them from the lattes or what ever their support may be. Dig a trench on one side of the plant. Loosen the soil around the plant and tip it into the trench and cover them with the soil from the trench. If this is not possible, gather the tips together, tie them, and wrap in straw. The base should be covered with at least 10 inches of soil.

If you live in an extremely cold climate you may want to think about planting some of these breeds of roses, which are very hardy when it comes to harsh winters. These are just a few:

· Rugosas · Griffith Buck · Modern Roses · Centrifolias · Species Roses · Gallica · Alba · Shrub
Roses

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Remember do not winterize until the ground is frozen or you have had at least two good freezes.

Sara Nightingale is an avid gardener who specializes in helping newcomers to rose gardening simplify the rose gardening process and begin enjoying a beautiful rose garden.

<http://www.roses.thegardenstop.com>



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