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Like An Olympian



In general, a fever is something one tries to avoid. But not this one – it’s time to catch “Olympic Fever.” For the next few weeks most of the world will be glued to televisions and computers following the latest in the Winter Games.

We say it’s time to turn off the t.v. and log off the laptop and get the fever for the flavor of the Olympics. Follow these expert tips and you’ll be bringing home the gold in no time.

STAY PROTECTED LIKE AN OLYMPIAN

Nothing kills a stellar athletic performance like dehydration. **Dr. Aurora DeJuliis M.D.**, advises to “stay away from coffee. Caffeine dehydrates your skin, which is already dry from the harsh weather.” She also recommends wearing SPF, even though you may be tempted to skip it in the winter. She explains “the sun can be extremely strong, especially when reflecting off snow and ice.” A slightly thicker moisturizer than you would normally use may be helpful if skin is getting rough and flakey. Lastly, “covering your face and hands with gloves and a scarf to prevent wind burn sounds obvious, but can make a big difference.”

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