

# Skin

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clients to spend a few extra bucks on a lotion with Shea butter.

"Lotions are great, but not all of them are the same," she said. "I hate to say it, but you definitely get what you pay for."

Although anti-aging creams might not make you look 20 years younger, Ms. Huggins says cellular renewal formulas do help remove old, dead layers of skin. This helps bring the fresh skin cells to the surface sooner, making you look rejuvenated.

And for women, no matter how tired or worn out you feel at the end of your busy day, it is essential to take five minutes subscribing to a makeup removal

regimen every evening.

"Our skin does most of its repairing when we sleep," Ms. Huggins said. "You want to make sure you get a good moisturizing cleanser. It gives you more resilience and elasticity."

She suggests finding a cleanser and face lotion containing botanicals, antioxidants and, of course, cellular renewal.

And just because we aren't heading into the sun to hit the beach, protection from UV rays is still necessary in the winter. In fact, Ms. Huggins said that the sun is actually brighter in the winter.

Moisturizers can often be purchased with SPF in them and a number of makeup lines are beginning to market foundation containing SPF.

If you suffer from acne or oily skin, you still need to

moisturize. The key here, Ms. Huggins said, is purchasing a moisturizer that is made for your skin type.

"Most people have combination skin, especially in the T-zone," she said. "A lot of people think because they have a little bit of an oily spot, they need to stay with a drying agent."

She said you don't necessarily need to use a high-intensity moisturizer. Rather, find a skin-care line that designs products for normal to oily skin.

It's no surprise that the key to supple winter skin is keeping it moisturized, but the biggest tips come in the form of knowing how to moisturize.

Find the right products that contain the best ingredients.

Don't skimp on the price; your soon-to-be luxurious skin will thank you later.



Staff photo by Todd R. McQueen

Terri and Tara O'Dell are being seen by Kennesaw resident Susi Huggins, a local consultant for a popular skin care line called SeneGence. From left, Ms. O'Dell watches as Ms. Huggins applies the finishing touch to Tara.