

clean; you wake up clean. No need to cleanse again in the morning — unless you have acne or oily skin and feel the need to gently cleanse again.

The mainstay of winter skin care is an increased use of intense moisturizers, humectants and protectants. The goal is to combat TEWL and to keep skin hydrated.

These are a few of my favorite things:

1. Hyaluronic acid: Don't be frightened by the "acid" part. Hyaluronic acid occurs naturally in the skin and in the synovial fluid that surrounds our joints. It is a great plumper, holding up to 1,000 times its weight in water. The amount we produce declines with age, so topical products with this ingredient have a great effect on aging skin.

2. Collagen-boosting peptides: A 2004 study showed that subjects using collagen-boosting peptides after 2 months showed 6.5 percent thicker skin than retinol users, who showed a 4 percent increase. Retinol can cause irritation, especially during winter months. Peptides provide better results, without irritation.

3. Wetter water: A good hydrating, purifying water essence to apply along with your moisturizer. Some good natural ingredients to consider are birch water essence, calendula, shea butter, naturally rich in vitamins A, and E, a nut oil that moisturizes, revitalizes and softens the skin.

4. Glycolic and lactic acids. Both are exfoliants as well as humectants. They work to

gently remove dry, dead cells on the surface of the skin and to accelerate cell turnover. It's during cellular renewal that natural barrier lipids are produced. This process results in healthier beautiful skin.

5. Sunscreen SPF 30: Yes, sunscreen is important even in winter. In fact, any skier can show you that sun off snow will burn the skin. Any cream or any foundation containing sunscreen must be applied every two hours in order to offer adequate protection. Cream sunscreens are not photostable, meaning they break down as soon as the sun hits the skin. Also, creams are absorbed into the skin, along with any probable carrier product that may not be good for either the environment or the body. An alternative would be a non-nano cream, or a mineral sunscreen containing micronized zinc.

6. Cream or gentle milk cleanser: An organic, gentle cleanser is especially important during winter to avoid over-stripping the skin. Suds are not necessary in order to remove makeup or sunscreen residue. If your skin feels tight or itchy and dry after cleansing, try a different product.

In order to help support healthy winter skin, avoid occlusive products that contain petroleum. Avoid overcleansing, especially with harsh soaps. Avoid extremes of heat and cold. Avoid overuse of tretinoin.

As always, consult your skincare specialist with concerns or questions, and enjoy this holiday season!

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...I am very grateful and I wish you all a wonderful holiday season!

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Mitch & Michelle Deaderick

For the past four decades, Mitch and Michelle Deaderick have been an integral part of Sisters' ever-growing arts community. They not only create beautiful work that graces homes across the country, they also nurture the arts and fellow artists in their community.

With Michelle's artistic flair and Mitch's experience, they create many unusual one-of-a-kind pieces. They also specialize in functional pieces to use throughout the home.

On December 7 & 8, they are inviting the community to visit their studio at 17192 Jordan Rd. from 11 a.m. to 4 p.m. for a Holiday Show. Enjoy some appetizers with the artists while you shop for truly unique, handcrafted gifts.

Their work is also featured at Hood Avenue Art gallery at the corner of Hood Avenue and Pine Street, which has now been in operation for five years.



Paulina Springs Books

Sisters' independent bookstore, Paulina Springs Books, is a local treasure. During the holidays, you will find ideal gifts for readers — with 15 percent off on high-quality books from the holiday book catalogue. You can also contribute to the SMART (Start Making A Reader Today) program in Sisters with a donation through the store's giving tree.

Make your holidays festive with games for families or for parties, from two players to multiple players. The selection of games and puzzles is dazzling, and you're sure to find items that will facilitate that precious engaged time with family and friends.

On Saturday, December 7, at 6:30 p.m. the store hosts Damian Fagan, author of "Wildflowers of Oregon," and on Friday, December 13, Joshua Savage will present "100 Things To Do In Bend, OR, Before you Die."

Stop by to find great gifts and stocking-stuffers.

