

Nail News from Kathi's Hands and Feet

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Radiant Skin

Exfoliate 3 X week: SOS Dead Sea Salt on a wash rag eliminates dry, dulling skin and moisturizes as it exfoliates. Light reflects better off a smooth surface.

Moisturize daily: SOS body oil is light enough to moisturize without leaving a greasy feeling. Use a dime size drop on the back of your hand and apply with your index finger. The olive, coconut, almond and soybean oils increase your lipid barrier-helping to make your skin glow.

Brighten dark spots: use serums or creams that contain lighteners such as hydroquinone, kojic acid, soy or vitamin C. Try Garnier Skin Renew Spot Corrector.

Get a glow: use a gradual self-tanner mixed with SOS Body Oil. Try Jergens Natural Glow. Use quarter size dollop of Jergens to a dime size drop of oil. Mix and apply in circular motion. Wash hands after application.

To identify your skin type: splash your face with lukewarm water 10 times. Pat skin dry. If your skin feels tight, you have dry skin. If not, wait 30 minutes and press a tissue on your face. If there is an oily residue all over, you have oily skin. If only the nose and brow area or (t-zone) show oily residue, you have combination skin.