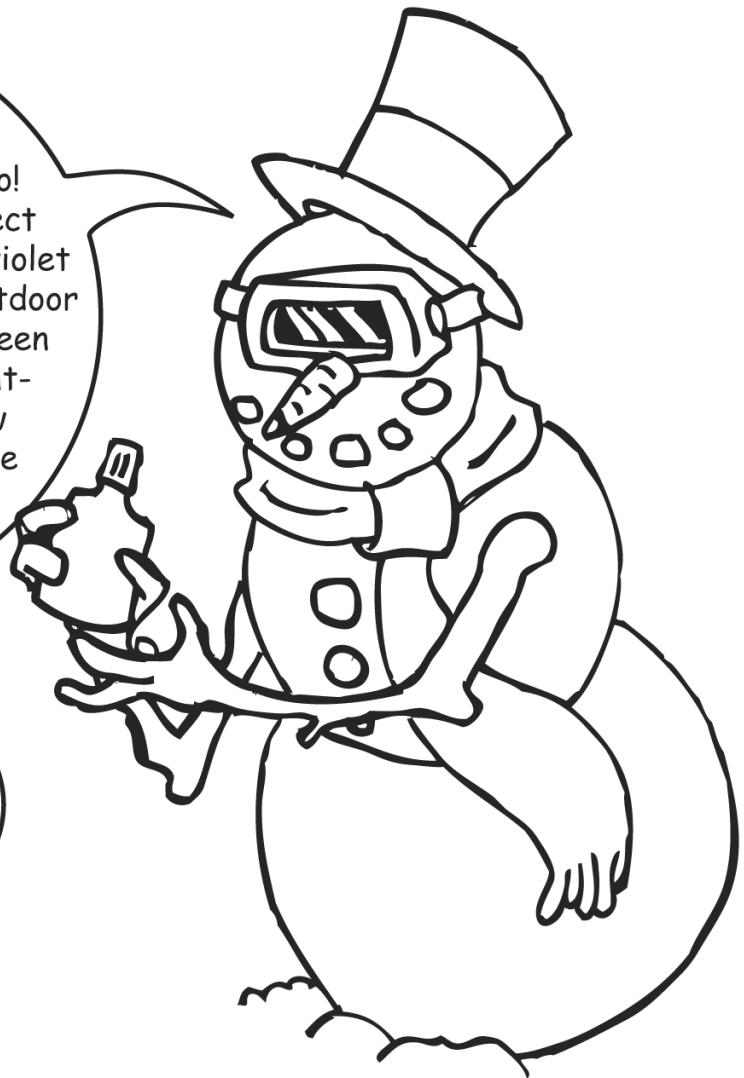


WINTER SKIN CARE

Hey kids! Your old pal frosty is here to remind you that just because it's cold outside let not forget about sun safety and taking care of your skin.

Now I don't have to worry about sunburns. But you do! The snow can actually reflect up to 85% of the sun's ultraviolet rays. If you participate in outdoor winter sports, apply sunscreen with high SPF. The sunlight-reflecting quality of snow can leave you with a severe sunburn from a day on the slopes.

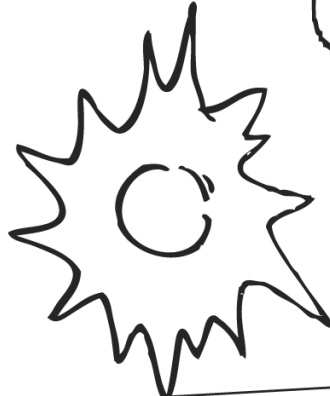
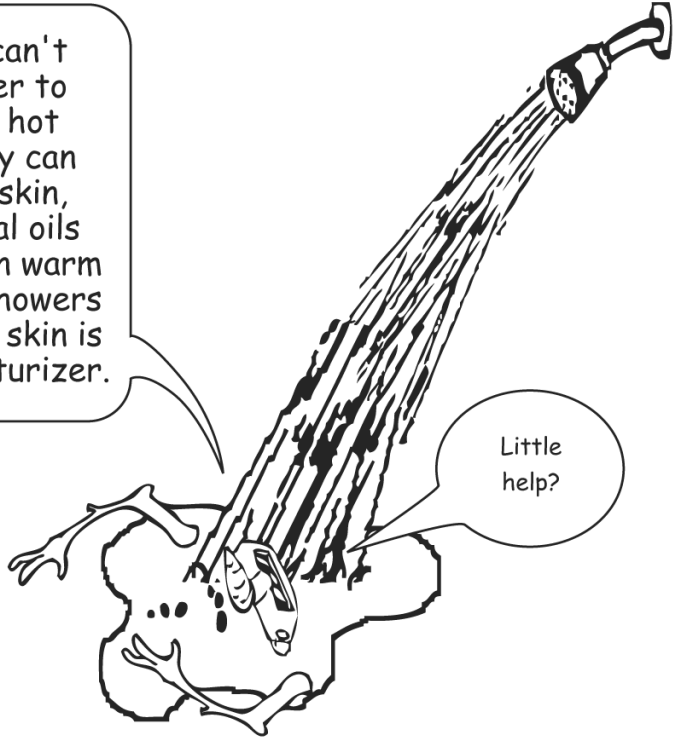
And don't forget your lips. Make sure you wear lip balm or lipstick with sunscreen.



Coming in from the cold and can't wait to take a long, hot shower to warm up? Not so fast! While hot showers can warm you up, they can have a drying effect on your skin, as they tend to deplete natural oils from your skin, leaving your skin warm yet dry. Stick to short, warm showers instead. Pat dry, and while your skin is still slightly damp, apply a moisturizer.

I guess the shower demonstration isn't such a HOT idea for snow men...

Little help?



The greatest measure of UV protection can be achieved with a combination of UV-absorbing sunglasses, UV-blocking contact lenses and a wide brimmed hat.

Be safe out there!

Later dudes!
your pal,

FROSTY!

