

Skin smarts for the ski season: Maintaining and protecting that healthy glow, avoiding chapping

Taking its cue from ready-to-wear fashions, skiwear this season echoes current fashion trends. Big shouldered, waist-cinched styles are making news, in colors that range from icy pastels and peppy neon brights to classic red, white and blue.

Even though you may be poised to take to the slopes zipped into a snappy one-piece suit and buckled into state-of-the-art skis and boots, unless your skin is properly protected from the harsh winds, glaring sun and biting cold, you're not really ready to ski.

Plan in advance

Preparing your skin for an on-snow vacation isn't complicated. It just takes a bit of advance planning to give you more of what every skier craves: Time on the slopes!

You need to protect your skin even when skiing on a cloudy day, because the sun that's reflected off the white snow at high altitudes can result in a painful winter sunburn.

Preventing sunburn is easy with the wide variety of products containing medium-to-high SPF's (sunburn protection factor) available in convenient mini-tubes that are easy to stash in your parka.

Before applying sunscreen, give your skin extra protection from the elements with a light yet thorough application of a good moisturizer, such as Vaseline® Intensive Care® Lotion. Moisturizing provides an invisible barrier of lubrication between your skin and the elements to help prevent painful chapping.

All-over moisturizing

Although your face is directly exposed to the strong sun, wind and cold on the slopes, the skin on your elbows, knees, hands and feet will also benefit from step-

ping up your regular moisturizing routine.

Winter sports enthusiasts need to take extra care of their skin, since low temperatures can produce dryness — even when the skin is supposedly protected by multiple layers of warm clothing.

All-over moisturizing is every skier's best bet in preventing uncomfortable chapping. Before you suit up to ski, smooth moisturizer all over your body, paying extra attention to the areas that rub against your clothes during strenuous activity, especially where your turtleneck and parka collar come in contact with your chin and neck.

Arms and wrists need help, too, since parka cuffs, sweaters and gloves can chafe there. Additional moisturizing below the knees is smart, because ski boots place added pressure on that area.

Cross-country skiers experience increased friction against the upper arms

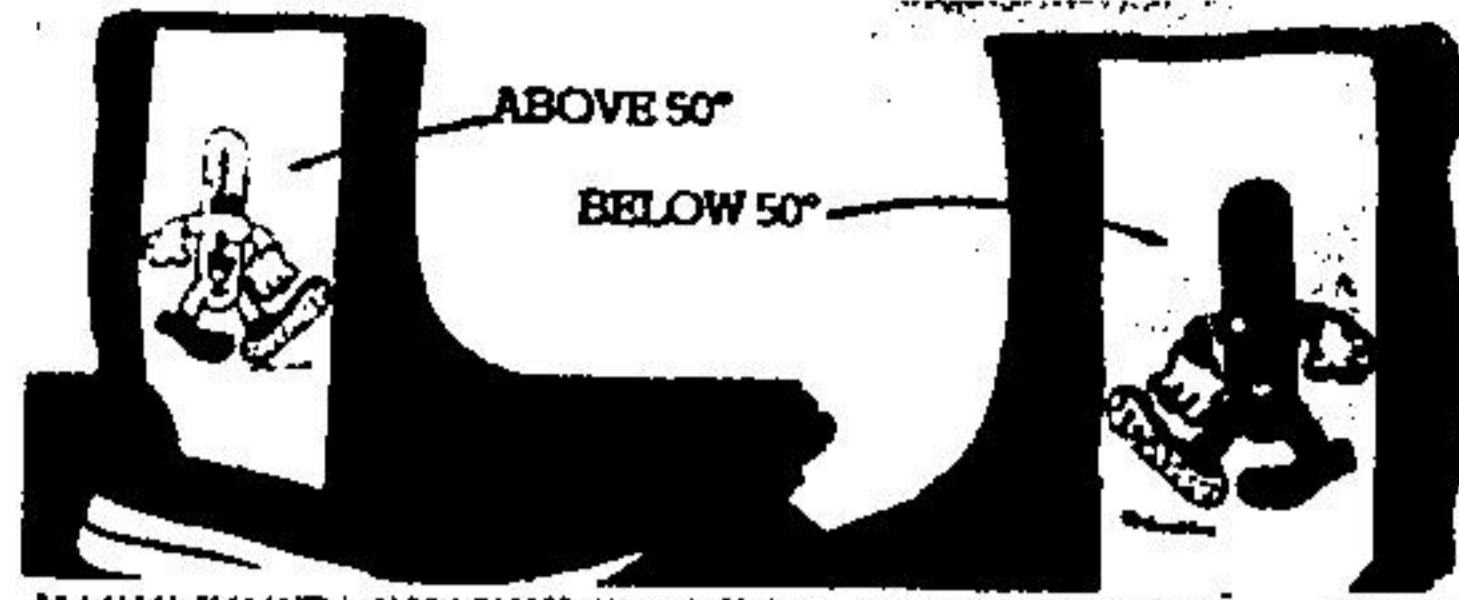
and thighs because they use their arms and legs in a back-and-forth motion.

A moisturizer with emollient oils, such as Vaseline® Intensive Care® Lotion that contains humectants to seal water into your skin, can go a long way in soothing extra rubbing that occurs in those sensitive areas.

Before heading off for your first run of the season, have skis and bindings checked by the shop technician and make certain your ski boots fit.

If they are too big, you could end up with blisters, bruising and even cut down on control of your skis. Too-small boots constrict blood flow resulting in cold feet.

One good way to get the circulation going in your feet before and after you hit the slopes is to smooth on moisturizer all over them. A gentle massaging motion will help restore circulation to "Popsicle" toes.



MAGIC BOOTS CHANGE COLORS as temperature drops — The magical THERMO-KID snow boots turn a bleak winter's day into a colorful experience as they change colors while the temperature drops. Available in children's sizes and in women's sizes, the magic boots feature stylish designs and colorful cartoon-like characters. Worn inside, the boots are one color but, when they are worn outside, the colors change or new designs appear as if by magic. The unusual new all-weather boots are water resistant and lined for warmth.

THE HEAT IS ON!

MF MICROFURNACE

- Technology makes it efficient
- Size makes it portable
- Design makes it safe

This amazing new product provides instant heat where and when you want it.

IRENE HARTRICK

J.P.H. SYSTEMS LTD.

BOX 204, NORVAL LOP 1K0 877-9048

ALL THIS PLUS FIVE YEAR WARRANTY & CSA APPROVED.

30% OFF Suggested List Price **ON ALL FIXTURES**

40% OFF HALO Track & Pot LIGHTING

GERRIE ELECTRIC Wholesale

We're here to help you see the light now!

317 ARMSTRONG AVE. GEORGETOWN CALL 877-2264

U.C.O. ARMSTRONG AVE. 317 GERRIE ELECTRIC

ACTON STORE ONLY

STEDMAN'S DOLLAR DAYS

OPEN FRI. TILL 8:00 p.m.

Aqualresh Toothpaste 100 ml - Reg \$1.89 NOW \$1.00	Debey Bathroom Tissue 24 Roll Pkg. - Reg \$2.49 NOW \$3.00	Paper Towels FRONTO OR 18-010 Reg \$1.59 - 2 Roll Pkg. NOW \$1.00	Kleenex Tissue 200's NOW 90¢	Q-Tips Swabs 180's NOW \$1.00	Kotex Lightdays 30 Napkins - Reg \$3.19 NOW 2/\$5.00
Popcorn 1 kg Bag NOW 2/\$3.00	Girls Briefs Reg \$1.99 NOW 4/\$5.00	Ladies Briefs Briefs NOW 2/\$3.00	Tube Socks 6 Pack - Reg \$9.99 NOW \$7.00	Tea Towels NOW \$1.00	Dish Cloths 50¢
Vinyl Place Mats • Prints • Solids \$1.00	Embassy Sayelle Reg \$12.90 NOW \$7.00	Embassy Value 300 g - Reg \$5.29 NOW \$4.00	Crochet Cotton Reg \$2.69 NOW \$2.00	Sewing Thread 4/\$1.00	Embassy Sayelle Reg \$1.29/50 g ball NOW 10 BALL PKG. \$7.00
Magnetic Broom Reg \$4.19 NOW 2/\$5.00	Krazy Glue Reg \$1.99 NOW \$1.50	Paint Brush 2 pc. Set NOW \$3.00	Light Bulbs, 40, 60, 100 Reg \$2.19 4 BULB PKG. \$1.50	Flashlight W/batteries Reg \$4.99 NOW \$3.00	Tide Laundry Soap 6 L. Box \$4.50
Bounce Fabric Softener 40 Sheet - Reg \$3.99 NOW 2/\$7.00	Comet Cleanser 400 g - Reg 99¢ NOW 4/\$3.00	Ivory Detergent 1 L. Bottle - Reg \$3.29 NOW 2/\$5.00	Whistling Kettle Metal Copper Look NOW \$6.00	Fry Pan "Visions" Cookware, 26 cm - Microwave & Dishwasher Safe - Reg \$16.99 NOW \$12.00	Cake Tin Heart Shaped - Reg \$3.99 NOW \$3.00
WONDERBRA 30% OFF Regular Price	Clothes Dryers • Index • Wood NOW \$11.00	Coffee Filters 100's - include 45 Maxwell House Coffee Cupper \$1.00	Glass Tumblers 3/\$1.00	Measuring Cup 8 oz. Free King - Reg \$2.99 NOW \$2.00	WINTER OUTERWEAR 25% OFF Regular Price. ALL SALES FINAL No refunds or exchanges

PLASTICWARE — Laundry Baskets, Desk Organizers, Dish Pans, Pails, Small Baskets, Watering Cans, Food Keepers, Juice Containers, Flower Pots, Storage Trays, Cutlery Trays, Drainboard & Racks

MANY MORE BARGAINS THROUGHOUT THE STORE