

Holiday Glow Guide

Whether you're prepping for festive parties or cozy nights by the fire, here's how to achieve that radiant glow this season:



Hydration Is Key

- Drink up! Aim for eight or more glasses of water daily to keep your skin plump and dewy.
- Humidify your space. A humidifier can combat dry winter air and boost skin moisture.

At-Home TLC

- Try DIY masks with honey and yogurt for hydration or mashed avocado for nourishment.
- Don't forget to exfoliate. Gently slough off dead skin with a homemade sugar scrub using sugar and olive oil.
- Facial massages do wonders! Use your fingers or a jade roller to depuff and stimulate circulation.

Eat for the Glow

- Load up on antioxidants. Think berries, spinach and nuts to fight free radicals.
- Healthy fats. Avocados, salmon and walnuts are your skin's best friends!
- Limit sugar and alcohol. They're known to dull your complexion.



Professional Touches

- Treat yourself to a hydrating or brightening facial.
- Try a gentle chemical peel to refine texture and brighten dull skin.
- Consider microneedling or lasers. These treatments are next-level for radiance. And don't forget to consult a board-certified plastic surgeon!

