

7 Tips for Skin That's Holiday Glow



Gift giving, travel, parties, events – the holidays can take its toll on your skin if you're not careful. How do you help your skin prep for the season with so much else on your plate? Check out our holiday season skin care tips for keeping your skin healthy and glowing.

1: Cleanse Your Skin Regularly

Cleanse your face twice a day with a gentle cleanser (one that will thoroughly remove makeup and surface skin debris). Clean skin is imperative before you do anything else. Try our [Moor Lavender Cleanser](#) or [Green Tea Cleanser](#) for drier and sensitive skin types and [Rosehip Seed Cleanser](#) for oily or blemish prone.

2: Use a Serum for Maximum Skin Benefits

Skin conditions can aggravate during the holidays for many reasons – partying, eating and/or drinking too much or out of your routine, getting less sleep than normal, stress. Serums are designed to penetrate the outer layer of the skin to deliver active ingredients that revitalize the cells. Hyaluronic acid, for example helps your skin retain its natural moisture (and should be a part of EVERYONE's skincare routine!). [Find the serum that fits your skin type](#) or condition – or better yet, [come in for a facial](#) and let our student estheticians recommend a complete homecare regimen customized just for you.

3: Don't Forget Your Lip Balm

Regardless of what you're doing for the holidays, your lips are often one of the first places to show signs of dehydration. Travel (especially plane) can cause them to dry out even faster. Keeping a hydrating lip balm like our [Avocado Lip Balm](#) on hand and applying often helps to moisturize your precious lips and keep them velvety smooth for your favorite holiday lipstick.

4: Take Your Makeup Off

No excuses! No matter how late it is or how tired you are. This is a MUST. Crushing all that foundation, blush, concealer, powder, etc. into your skin while you sleep will take a huge toll on your complexion. Leave your makeup remover and cleanser on the counter ready to go before you go out to remind you. Try our [Euro Botanicals Eye Makeup Remover](#) in the easy to use spray bottle to gently remove eye makeup without irritation or vision "fogginess."

5: Stay Hydrated

The colder weather and holiday alcohol consumption can seriously mess with your skin. Please drink responsibly and try drinking a glass of water in between glasses of wine or cocktails to stay hydrated. You may find you need a heavier moisturizer this time of year, or need to apply more frequently. Our natural and organic [moisturizers](#) are formulated for dry/mature, sensitive and oily or blemish prone skin conditions. And don't forget the SPF! There may be more gray days this time of year, but your skin still needs UVA and UVB protection. Our natural [physical tinted SPF moisturizer now comes in an airless pump](#) formulation, which is light and super easy to apply.

6: Detox, Detox, Detox

Treat your skin to a detoxifying mask like [the Moor Face & Body Mask or hydrating Moor Multi-Fruit Face & Body Mask](#). Our [Herbal Complex Mask](#) for oily/blemish prone skin contains kaolin clay, designed to draw out impurities in the skin. Results seen immediately! For irritation or redness, use [Cucumber Anti-Couperose Mask](#) while our [Advanced Peptide Mask](#) works to combat the appearance of fine lines and deliver deep hydration.

7: Get a Super Glow with Vitamin C

To help revitalize your skin during the holidays and turn dull, fatigued skin into glowing and radiant, incorporate our plant-based [Vitamin C serum](#) and [Advanced Vitamin C Crème](#) into your routine. Vitamin C brightens and refines – it's the juiciest!