

# WINTER

## Skin and hair care for cold weather

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damp, which allows the skin to soak in more moisture while sealing in water.

Euphoria carries an array of products that combat dry winter skin and get at tough spots like feet, elbows and knees. Maile says they are made with ingredients like aloe gel, pure shea and cocoa butters infused with essential oils and enriched with Vitamin C. She is happy to pass on her personal preferences to customers, and also likes to point them toward good lip balms and nightly vitamin creams for the face.

“Don’t forget that hair can suffer from dryness just like skin can,” she adds. “A couple of treatments can make a world of difference and quench your hair’s thirst. We have a pure

Camellia oil made by a traditional oil maker in Japan that has been used for centuries by geishas and samurai and it can be added to your dry hair and scalp to add luster to being used as a hand treatment to condition and strengthen nails.”

Attending to hair needs is also essential. Owner Dawn Wessell at Epiphany Salon: The Wellness Center in Traverse City suggested a number of Aveda to use during winter. Hand and Foot Release, which are super moisturizing and have exfoliating properties; the Tourmaline product line by Aveda, with its energizing



Record-Eagle/Jim Bovin

Euphoria specializes in selling face and body products in downtown Traverse City. Bath Petals body scrubs.

gem that makes your skin more radiant and creates nourishment and moisture; two deep-penetrating hair revitalizers that treat hair to add a popular cherry almond bark reconstructive conditioner; and styling sprays for problems with static at this time of year.

Nancy Sundstrom is a local freelance writer.

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