

# SUNDAY MORNING Health Corner

## Winter Skin Care

**As temperatures drop** and the air becomes drier, our skin is at its most vulnerable. Additionally, the effects of winter are more visible on brown and black skin tones.

**African American skin** is prone to hyperpigmentation, acne, and dryness. Both men and women should fight dryness and keep their skin supple. Be sure to develop a daily skin regimen and use a moisturizer at least twice per day.

**It is also** important to protect your skin from the sun's harmful UV rays. Even during winter, be sure to always wear a sunscreen with an SPF of at least 30.

**Caring for your** skin can be a journey of self-love. Remember, healthy skin is beautiful skin, and skincare is self-care.

**See more tips** at [BlackDoctor.org](http://BlackDoctor.org)



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