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**Protect your Skin against Winter's Harsh Elements
Lily Organics Fresh Skin Care Shares its Winter Skin Care Tips**

Henderson, CO – The weather is getting cooler, fireplaces are being utilized and the heat is pumping in our homes, winter is upon us. This change in season and climate is welcomed in preparation for the impending holidays, but it can be brutal to our skin. The cold air outside, and drastic change to heat inside, can wreak havoc on our skin, drying it out and sometimes even cracking it. Skin care products that worked on our skin during the summer months may not do their job when winter comes. Just as the temperature changes, changes need to be made to our skin care regimen in order to protect the body's largest organ.

Lily Organics Fresh Skin Care, the only company on planet Earth to grow its own ingredients on their own USDA Certified Organic farm and make fresh products weekly in their own USDA Certified Organic lab, shares its tips for maintaining your skin's beauty during these winter months.

The greater the percentage of organic ingredients in your skincare products, the better. According to Lily Morgan, seventh generation American farmer and the founder of Lily Organics, "Ideally, every ingredient in your skincare product is pure and organic. Natural plant derivatives have been effectively used for thousands of years to heal, soothe and moisturize even the driest of skin." Organic ingredients are going to feed skin with the freshest, most pure elements possible, ensuring that the skin gets the nutrients it needs without the barriers oftentimes created by synthetic chemicals.

Finding the right combination of botanicals is key during winter months, and simplifying the process is paramount to finding the most effective combination to combat dry skin. "Far too often, folks complicate their skincare regimes with too many products that, instead of complementing one another, work against each others and ultimately have little effect on the skin," Morgan attests. Experts like Morgan concur that keeping a skin care routine to three-four products maximum is best, and that the fewer ingredients in a product, particularly synthetic ingredients, the better.

Moisturizing is extremely important in maintaining healthy skin in cold climates. The best way is with pure botanicals. Comfrey and Rose Hips oil help cells regenerate, increase normal lubrication and help prevent wrinkles. Seaweed components also function to naturally attract and hold moisture. Honey, especially in a face mask, can leave your face feeling refreshed and nourished. “Nature’s inherent ability to balance the skin and body is profound,” states Morgan.

It’s not just about what you put on your skin topically, but also what you put in your body that makes a difference. Drinking herbal teas such as sarsaparilla, burdock, yellow dock and nettle can improve internal circulation, aiding in proper moisture distribution throughout the body. “Plus, relaxing with a hot cup of tea during the hustle and bustle of the season can help to de-stress and detoxify, naturally promoting healthy, glowing skin,” Morgan.

Lily Morgan is the author of *Beauty, Health, and Happiness: A way of Life*. She is the founder and formulator of Lily Organics, Fresh, Chemical-free skin care line of facial care products. You can reach her at her website www.lilyorganics.com. 303- 668-1128.