

10 Holiday Skin Care Tips



The holidays should be called "chillaxidays" because the sole purpose of being away from the daily stress of working, running a household and coping with life in general is to kick back and do only the things you really feel like doing. But let's also get real. You can't go totally overboard, a modicum of rational thinking must prevail. It would be preferable to drag that holiday body back to work next year without too much damage.

So, here are a few practical tips on surviving the festive season!

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