

Prepare for Fabulous Fall Skin

There's no way around it—you owe your skin some attention. Whether you spent the summer sun worshipping, enjoying summer sports, or some combination, your skin is likely ready for a little TLC. As temperatures drop and the air gets drier, your skin loses moisture. Your transition skincare routines now will help both correct any summer damage and keep your skin looking healthy through the cooler seasons ahead. We've put together a few tips and suggestions as you adjust your skincare for autumn.



Exfoliate – Your skin may be a little dry after a season of sun, wind, chlorine, and saltwater. It's time to exfoliate with a scrub that won't dry your skin further. Twice a week, use Wild Woozle's [Tropical Renewal Face Scrub](#) is a concentrated blend of nourishing oils and honey, effective botanicals and gentle, natural exfoliants that slough off dead cells to improve skin health and correct dull and ashy complexions. Gentle tropical fruit enzymes promote skin resurfacing and help clear pores to fight the effects of aging and environmental damage. For something really unique, try [Joe's Beach Scrubbing Grains](#), crafted from all-natural ingredients, including organic sugar, sandalwood powder, green tea, honey, oatmeal, and rice bran with a proprietary blend of light, fresh essential oils.

Don't forget the rest of your body, just because it's under jeans and sweaters! We have a great selection of scrubs, including our fall favorite [Pumpkin Spice & Honey Butter Scrub](#). Even though you're not in sandals, your feet still need a good scrub, too. We've got your [Pumpkin Spice desires](#) covered here, too. Use this [creamy pedicure scrub](#) a couple times a week and avoid the dreaded feeling of your feet catching on the sheets.

Cleanse – This may be time switch to a cream or milk cleanser to keep your skin from getting too dry. A great choice is Wild Woozle's [thé vert Green Tea Facial Cleanser](#), a gentle milk and honey cleanser with organic, natural ingredients and botanical extracts. As an added bonus, the vitamins and antioxidants in the everyday cleanser help reduce signs of aging.

Moisturize – Drier air means your skin needs more moisture. Depending on your specific needs, you may want to continue using [body lotion](#) during the day and add a thicker cream at night. With cool temperatures and more frequent hand washing, your hands will appreciate more protection all day. Try [Vanilla Chai](#), [Coconut Groove](#), or any one of Wild Woozle's skin-saving body butter and creams.

You can help avoid painful, dry hang nails by using a cuticle oil. [Onolicious Cuticle Balm](#) in a convenient and snappy pen is an effective way to treat this delicate skin. Use it twice a week while you watch T.V. or read.

What about that kisser? Using [lip balm](#) now, will help prevent dry cracked lips later in the season. Use lip balm at night after washing your face and you'll wake up with softer lips.

Don't forget your feet just because you can't see them inside those awesome boots. Every night, take a couple minutes to massage your feet with a thick body butter or cream. Your feet will thank you, and you'll see the benefits next spring, too! Try [Thai Spice body butter](#) for a warming nighttime treat.

Bonus Tip! Regularly Scheduled Maintenance – It's the extra steps that can make the biggest difference in your skincare routine. You know you need to exfoliate two or three times a week, and it would be so good for your face to use a mask (like our [White Tea anti-aging mask](#)) every week. I don't know about you, but I can barely remember what I had for breakfast. Decide which days work best for you and make a date with your scrub. For me, Tuesdays and Thursdays are facial scrub days, and Sunday evening is a great time for a relaxing mask (like our [Dark Chocolate Seduction mask](#)). Make time for yourself, and you'll see the results in your face.