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Unmask Your Skinâ€™s Beautiful Best this Holiday Season

The holidays are right around the corner, and that means putting your best face forward for all the party-hopping that comes with the most festive time of year. But just when youâ€™re gearing up to look fa-la-la-la fabulous, falling temperatures outside and forced-air heating inside seem to conspire to take a toll on your skin.

Before startingÂ KarunaÂ skin care, I worked as a makeup artist at Mario Tricoci Salon & Day Spa, where I learned that flawless cosmetic application begins with flawless skin. Establishing an effective beauty routine is especially important during winter, when cold, dry air dehydrates skin. Keeping skin hydrated by drinking plenty of water and adding moisture back into skin helps to delay the aging process and primes your face for glamorous holiday makeup.

Every complexion reacts to harsh weather differently, but the most common concerns are:

Dull, lifeless complexion.Â TheÂ Karuna Brightening Treatment MaskÂ reveals a brighter, fresher face that radiates with a youthful glow despite the grey skies. Made with grapefruit seed extract for protection from environmental toxins and rare Asian plant extracts to even skin tone.

Dehydrated with dry patches.Â Severe moisture loss caused by cold weather makes fine lines more noticeable. TheKaruna Hydrating Treatment MaskÂ restores moisture levels with Natto, a Japanese soybean.

Once youâ€™ve identified your specific skin concern, treat yourself to a custom-blended Karuna beauty ritual to protect and care for your face. Karunaâ€™s combination of serum and mask works more effectively than either would on its own. If youâ€™ve ever nursed a minor cut with a healing ointment, then bandaged it, you know how this works. The natural cloth of our mask concentrates the healing powers of the serum, causing the facial pores to dilate and absorb the beneficial ingredients. After experiencing the mask just once, your skin will feel calmer, brighter, and fully moisturized. The transformation to total skin health is immediate. (Itâ€™s the reason Karuna won Life & Style Weeklyâ€™s 2011 Beauty Award for Best Face Mask.)

Try this cold-weather tip:

Before removing the foil packaging, soak your Karuna mask in a bowl of hot water for 3-5 minutes to warm it up. This easy trick makes our masks feel especially indulgent during winter months.

Face Mask | Masks | Karuna's Hydrating Mask | Paper Mask

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