The Backstage Beauty
With RuPaul’s Drag Race Contender Katya

Flex Time
How the Pros Work and Work Out

Making Scents Notes from a Top Perfumer

Metro Boston’s Agile Guide to Entertainment, Culture and Six-Pack Abs

Doctor turned trainer Jonathan Cruz of BURN Fitness Studios
Proper Bostonians / Dana Bisbee

RAMPED UP

HIGHLIGHTS FROM HIGH SOCIETY

→ The Charles River Conservancy celebrated the forthcoming Lynch Family Skatepark with a party on Dec. 11 at the offices of Stantec, the company designing the recreational area under the Zakim Bridge. Carolyn and Peter Lynch and their daughter joined supporters for cocktails and an update on the design and construction. The 80 guests raised $60,000.

→ The Boston Symphony Orchestra and the New England business community held the 31st annual A Company Christmas at Pops on Dec. 10. The Symphony Hall concert featured performer Michael Feinstein and actor Casey Affleck, as well as a surprise appearance by Gov. Charlie Baker, who conducted the Christmas favorite “Sleigh Ride.” The 2,300 guests joined in carol singing and helped raise $1.1 million.
4. Erik Sobel, president of Technology Research Laboratories, and his wife, Debra Iles, senior associate dean for executive education at the Harvard Kennedy School.

5. Salley Meehan, actress, Caroline Lunny, Miss Massachusetts 2014 and model, and Alexandra Mack, model.

**ASK CHERYL**

**Q:** My skin is so dry that it feels like it is going to crack. What can I do in addition to using moisturizer?

**A:** In the winter our skin needs more hydration than usual and becomes dry from the wind and cold weather, as well as low humidity due to indoor heating. Moisturizers are only part of the solution.

When our skin is dry there is usually a layer of dead skin cells that need to be gently exfoliated. If the skin is not exfoliated, moisturizers will not be able to penetrate to provide hydration.

Integrating a high-quality glycolic acid product into your skin care regime will provide the exfoliation you need to dissolve the dead skin cells, as would a gentle chemical peel or other exfoliation treatment with your skin care professional.

A gentle facial with a mask or hydrosonic skin therapy are also excellent ways to enhance hydration and soothe your skin to combat the harsh winter weather.

**SPECIAL OFFER:**

 Mention the improper and receive $50 off your first treatment of $100 or more.

Offer expires 3-31-15. May not be combined with other offers.

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Send your questions to AskCheryl@skinhealthcenters.com