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**LILY ORGANICS SHARES ALL-NATURAL TIPS FOR PROTECTING
SKIN FROM WINTER'S HARSH ELEMENTS**
***USDA Certified Organic grower and handcrafter of skin care line helps eco-minded
beauty mavens protect their skin this winter and beyond***

Brighton, Colo., December 14, 2009 – The snowcapped mountains, fireside cups of cocoa and holidays filled with family and friends make winter a much welcomed time for cozy conversations and runs down the ski slopes. Our skin, however, would beg to differ. Dropping temperatures, dry air and chilling winds all contribute to a season of dry skin that's prone to breakouts. Lily Organics, 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 FDA-inspected lab, shares its tips for maintaining your skin's beauty during the beauty of winter.

- **Think Organically:** 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," she states. Bottom line? 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.
- **Simplify:** 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 skincare routine to three-four products maximum is best, and that the fewer ingredients in a product, particularly synthetic ingredients, the better.
- **Embrace Botanicals:** The best way to moisturize skin during the winter 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. "Nature's inherent ability to balance the skin and body is profound," Lily Morgan says.
- **Down to a Tea:** 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," Lily Morgan finishes.

For more information regarding Lily Organics, product samples, or to interview founder and CEO Lily Morgan, please contact Lily at 303-668-1128 or elilypads@yahoo.com. Lily Organics can be found online at <http://www.lilyorganics.com>.

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