

Fall Skincare Tips by Elizabeth Sanders, HorseOPeace.com

Dozen Ways You Can Recondition & Regain Healthily Beautiful Skin During Fall

WINSTON-SALEM, NC, -, September 21, 2017 /EINPresswire.com/ -- Offering a dozen Fall Skincare Tips, HorseOPeace.com goat milk soap founder [Elizabeth Sanders](#) says: "Autumn months are a perfect respite to adjust your skincare to recondition skin dried from hot summer and protect it from the harsh winter months ahead as you restore luster to regain skin's natural quality."

Featured in The New York [Times](#) report about the trend to homemade natural soaps, Elizabeth said, "As seasons change, family skincare needs change too. A first step to healthy skin is to avoid chemicals and dyes in store soaps that are actually detergent bars stripped of vital glycerin to be used in high-priced lotions and contain toxins that irritate dry, sensitive skin and may worsen conditions such as eczema and psoriasis."

Elizabeth, whose HorseOPeace soaps BeautyStat.com called "superior at shockingly affordable prices," offered her Dozen Skincare Tips to restore lustrous skin during Fall, which runs September 22 through December 20:

1. Take short showers as water has a drying effect on skin, and towel dry without rubbing.
2. Drink at least 8 or 10 glasses of water daily.
3. Make smart diet choices to balance protein, carbohydrate and fat with healthy foods, fruits and vegetables.
4. Hydrate skin with toxin-free HorseOPeace.com goat milk soap rich in vitamin A, selenium and alpha hydroxyl acids that nourish and protect skin and are free of chemicals and dyes in so many brands.
5. Avoid chemical-laden store soaps and especially antibacterial soaps that lessen skin's acidity.
6. Hydrate skin with HorseOPeace's luxurious yet family-friendly priced Shea Butter Cream.
7. Use sunscreen if outdoors between 10am and 2pm, as Fall sun is still strong and can dry your skin.
8. Set time each day to indulge yourself and enjoy pampering your skin to be lovely and healthy.
9. Sleep 8 hours and try to relax to lessen stress.
10. Gently exfoliate with HorseOPeace.com's top selling goat milk soap, Oatmeal 'n Honey.
11. For dry, sensitive skin and conditions such as eczema topically moisturize and exfoliate with HorseOPeace.com soaps, salves and creams as a basic preventive skincare management step.
12. Don't smoke, as nicotine constricts vessels and flow of blood with vital oxygen and nutrients.



Elizabeth Sanders of HorseOPeace.com offers skincare tips for Fall as transition from hot to cold months is perfect time to recondition skin.

Elizabeth said, "Fall is both a time to nurture our skin as cooling temperatures and breathtakingly colorful foliage remind us of the transition from warm to cold months and also a vital time to reassess our skincare needs. To keep skin beautifully healthy, take care to moisturize with chemical-free soap, such as HorseOPeace.com soap made with 100% raw goat milk and without any skin-drying water or dyes."

Happily married to IT-expert husband Nick, who designed her website and oversees marketing, Elizabeth is a homeschooling Mom of 4 sons (2 to 6). Before founding HorseOPeace.com she lived an Amish-lifestyle in bonnet and

homemade dresses training horses in harsh Wisconsin winters that dried her skin, making her hands crack and bleed. When she realized her hobby making goat milk soap healed her hands and dry skin condition she turned her hobby to a business, HorseOPeace.com That lifestyle discouraged women from education and business, so nine years ago she left but kept her devout faith, hard work ethic and vow to use natural ingredients.

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*Elizabeth Sanders,
HorseOPeace.com founder*

Charlotte Morning Break. She also discussed her faith on shows including CBN's Homekeepers and Christian TV's WGS Nite Line. In print, Elizabeth was recently featured in New York's prestigious WAG Magazine.

Based in Winston-Salem, North Carolina, HorseOPeace.com has customers across the USA and internationally. Elizabeth Sanders' goat milk soaps are available at www.HorseOPeace.com, [Facebook.com/HorseOPeace](https://www.facebook.com/HorseOPeace) and Amazon. HorseOPeace customers often join her Soap of the Month Club and enjoy family and business updates at HorseOPeace.com/blog, [Twitter.com/HorseOPeace](https://twitter.com/HorseOPeace) and [Instagram.com/HorseOPeaceRanch](https://www.instagram.com/HorseOPeaceRanch). Media contact: Brian Dobson, BD@DobsonPR.com.

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HorseOPeace.com natural scented and unscented soaps are made with 100% nutrient-rich raw goat milk for healthy, soft, supple skin.



Elizabeth Sanders, with husband Nick and their sons, says using HorseOPeace natural goat milk soap is important for family skincare needs.

This press release can be viewed online at: <http://www.einpresswire.com>

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