



How social distancing is helping some find healthier hair, skin routines

If you're at home social distancing, why not give your hair and skin a break.

Amid the coronavirus spread, people have been spending a lot more time indoors due to social distancing. An interesting side effect has started to occur: All around social media, people have begun to post evidence of the unexpected effect on their skin and hair.

Give skin a detox

Skin is the body's largest organ and it needs downtime. "I love that people are taking advantage of being at home by spending as much time as possible makeup-free, giving skin a break," Tammy Fender, a holistic expert and brand founder, told TODAY. "If you have to wear makeup, why not wash it off the soonest you can. Drink in the benefits you can from these days."