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# Tips to Enjoy Russian Winters

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Russian winters are usually long and therefore we will give some practical tips that will help you trough the winter and enjoy this season!



**SHOTT beverages**

Start your day with a tea from 1/2 a lemon juice, 1/4 teaspoon turmeric, 2 slices of fresh ginger and honey. Ginger and turmeric has a ton of antioxidant and they say, it helps cleanse liver, boost immunity, and help with digestion.
With almost everyone around us being sick, a cup of this Turmeric Ginger Tea has been our natural medicine.

Compensate the lack of Vitamin D in the long winter months by taking vitamin D oil. Recommended for the whole family! Do check the suggested dose as this can vary a lot per country and per brand. Ask your local pharmacists for the best brands or order your favorite brand online at I-Herb:
https://www.moscowliving.org/blog/iherb-all-natural

Always have a sunny holiday booked to break your long winter! We prefer to go on a 2 week trip to Thailand and travel around. With direct night flights to Phuket, it's very doable, even with kids. See our personal recommendations here:
https://www.moscowliving.org/post/winter-holiday-tips-embrace-the-warmth

The banya is a great Russian tradition that suits the long Russian winters. Plan a monthly visit with your friends and try Moscow's different banyas to have some warm quality time with your friends. See our favorites listed here:
https://www.moscowliving.org/blog/sanduny-russian-banya

With the cold winter temperatures the air gets very dry. Put a humidifier in each bedroom to help you reach the optimum humidity level of 40-60%. This is better for your skin, airways and energy level. There are tons of options, but we recommend one with a % indicator and automatic shut down after the humidity level is reached. And check the m2 impact. See www.philips.ru or check out a large Mvideo store.

For more tips to make your life in Moscow more easy & fun follow "Moscowliving" on Facebook or Instagram!

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