

7 Steps to Healthy Winter Skin

THE ESSENTIALS YOU SHOULD KNOW WHEN IT'S COLD OUTSIDE AND DRY INSIDE



1

Start in the Shower

As tempting as it is to take a long, steamy shower on a chilly day, that's exactly what *not* to do. "Hot water strips skin of its oils," says dermatologist Kenneth Howe. Limit yourself to five minutes, dial down the temperature and use a creamy body wash with nourishing ingredients like shea butter and coconut oil, says Dr. Howe. Exfoliate no more than once a week to remove dead skin cells without causing irritation.

Jergens Body Wash, \$6;

amazon.com



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Maximize Your Body Lotion

After the shower, follow this derm rule: Apply lotion immediately to lock in the moisture while your skin is still damp and the bathroom air is humid. In winter you also may want to switch to a richer balm to coat and protect the skin, says dermatologist Joshua Zeichner.

Neutrogena Hydro Boost Whipped Body Balm, \$6;

neutrogena.com



"I love this whipped body balm [below]. It's great for winter because it's really moisturizing but not greasy."
— KERRY WASHINGTON, Neutrogena brand ambassador



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Upgrade Your Skin Care

When it comes to your face, the goal is to maintain a healthy skin barrier, says dermatologist Shereene Idriss: "That helps skin hold on to moisture better and longer." Start with a gentle cleanser. If you have any redness, follow with a soothing toner. Then apply a hydrating cream. And if you're still dry, finish with an oil to seal it all in.



Alba Botanica Hydration Sensation Micellar Cleanser, \$9;

Target stores



Earth to Skin Honey Manuka Toner, \$7;

walmart.com

Look for creams with ceramides for extra moisture



Curél Intensive Moisture Facial Cream, \$30;

ulta.com



Glossier Futuredew, \$24;

glossier.com

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Buff away any dry flakes with a baby toothbrush or a silicone lip tool

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Protect Your Lips

Your lips are usually the first to suffer when the temperature drops. “Unlike the rest of the face, they don’t produce oil,” says dermatologist Francesca Fusco.

Plus they’re constantly exposed.

What helps: a nonirritating lanolin lip balm, applied often. Also, try trading your lipstick for a tinted treatment.

Sephora Collection Lip Scrubber, \$8; sephora.com

Lano LanoStick, \$17; ulta.com

UZ 38°C/99°F Lip Treatment, \$20; uz.team

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Moisturize Midday

If your office or workspace is dry, your skin may benefit from an afternoon hydration boost, says Dr. Idriss. A face mist is the easiest (and most refreshing) option, but some formulas can actually dehydrate skin. Look for one with humectants like hyaluronic acid and glycerin. And try a moisturizer stick, which can perk up your complexion without messing up your makeup.

Biossance Squalane + Hyaluronic Toning Mist, \$32; sephora.com
 Josie Maran Argan Moonstone Glow Stick, \$25; sephora.com



“Apply this super-hydrating treatment at night to your face and neck, and don’t forget your décolletage.”

—MIRANDA KERR, Kora Organics founder



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Repair at Night

Your skin loses water while you sleep, which is why dermatologist Marnie Nussbaum recommends an overnight mask, twice a week: “Apply it over your regular products so they penetrate better.” And use a cool air humidifier to up the moisture levels in your room.

Kora Organics Noni Glow Sleeping Mask, \$48; us.koraorganics.com
 Honeywell Designer Series Cool Mist Humidifier, \$75; Target stores



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Hydrate from the Inside Out

Increasing your daily intake of healthy fats may help with dry skin. Registered dietitian Dawn Jackson Blatner recommends fish, avocado, nuts, seeds and olives. And we know you’ve heard it a million times, but make sure you’re drinking enough water. Blatner suggests at least 72 ounces each day. Bonus points for cutting back on caffeine and alcohol, which both contribute to dehydration.

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