



Best Ways to Brighten Your Wintry Skin

While winter is full of festivities and fanfare, it also challenges us with some unpleasant side effects - a bombardment of dry, dull and itchy skin! Fear not! You can still enjoy the highs of the season with healthy, hydrated and glowing skin.

Humidify, Humidify, Humidify!

Humidify the room you're in the most. Cooler air provides more moisture and helps skin stay hydrated. Investing in a humidifier also clears your sinuses, so it's a double whammy against winter side effects! And while your cuddled up to the fire, try to keep the heat in your home at a lower temperature so the air is not too dry, feeding dry skin.

Try: - **Honeywell Germ-free Cool Mist Humidifier (\$78, amazon.com)**, - **Dyson Air Multiplier AM10 Hygienic Mist Humidifier (\$500, bedbathandbeyond.com)**

Don't Take Uber Hot Showers or Baths

Steaming hot showers and luxurious baths sound fabulous on a wintry, cold day, especially after a walk home or post workout class. But spending a long time in water can cause our skin to shed its natural oils.

If you must indulge, lather yourself with moisturizing cleansers and body soaps that caress your skin with hydrating oils.

Try: -**Eucerin Skin Calming Dry Skin Body Wash (\$9, walgreens.com)**

-**Cerave Hydrating BodyWash (\$11, walgreens.com)**

-**G. Day Morning Duo (\$82, goop.com)**