



### ***Buff Your Face***

If you're longing for that bright glowing complexion for your upcoming holiday parties, a light exfoliation is critical to slough off dead, dry skin cells. Use a gentle glycolic acid or a wash cloth a few times a week, or exfoliate in the shower with a charcoal scrub. Charcoal is one of those cult-favorite skin care ingredients that acts as a magnet to draw out pore-clogging impurities and buff out the skin for a flawless glow. When coupled with the humectant powers of honey and soothing benefits of aloe, it can result in smoother skin with long-lasting hydration.

- Try:**
- St. Ives Oatmeal Scrub and Mask (\$6, [amazon.com](https://www.amazon.com))
  - Sugar Face Polish (\$25, [Sephora.com](https://www.sephora.com))
  - Murad Exfoliating Cleanser (\$50, [amazon.com](https://www.amazon.com))

### ***Be Generous With Your Serums and Moisturizers***

Free radicals cause skin damage and collagen breakdown, so protect yourself with antioxidants like Vitamin C serum as your first layer of defense. Then layer on your creams, moisturizers and sunscreen 30 SPF. Even on wintry days, the sun causes skin damage!

- Try:**
- Neutrogena HydroBoost Gel (\$20, [Walmart.com](https://www.walmart.com))
  - Mario Badescu Vitamin C Serum (\$40, [amazon.com](https://www.amazon.com))
  - Marmur Metamorphosis Balance Serum (\$85, [amazon.com](https://www.amazon.com))

### ***Thicker Serums and Face Creams Are Better for Winter***

Thick, heavy creams for both day and nighttime application are best for winter skin hydration. The thicker texture seals moisturizing ingredients into dry, cracked, flaking skin. Use balms and salves with silicone, petrolatum, lanolin, and natural oils. To boost the effects of your moisturizer, try gels and serums with hyaluronic acid to help retain moisture and plump your skin.

- Try:**
- Seal holder L'Oréal Paris Age Perfect Hydra-Nutrition Golden Balm (\$9, [amazon.com](https://www.amazon.com)).
  - Lift & Luminate Triple Action Serum (\$17, [ulta.com](https://www.ulta.com))
  - Tatcha, The Water Cream (\$68, [sephora.com](https://www.sephora.com))