



Polish Your Body

Slough away dull, rough, wintry patches with body scrubs that include oil, so that your newly smoothed skin will also feel nice and moisturized.

Try: - Dove Exfoliating Body Polish (\$6, walgreens.com)

-First Aid Beauty Cleansing Body Polish with Activated Charcoal (\$14, amazon.com)

-Tata Harper Brightening Body Exfoliator (\$79, tataharper.com)

Slather on the Hydrating Oils and Body Balm

When you hop out, pat your skin dry with a soft towel. Avoid vigorous drying. Then reach for a body balm or oil with skin-softening and moisturizing ingredients and apply to damp skin. One of the best times to moisturize is when you first come out of the shower or bath, sealing the moisturizing ingredients into dry, cracked, flaking skin.

Try: -Aveeno Cracked Skin Relief CICA Balm, (\$8, walgreens.com)

-Kiehls Nourishing Dry Body Oil (\$34, kiehls.com)

-Heal Whipped Skin Souffle (\$88, beneathyourmask.com)

Choose a Hydrating Facial Cleanser

In the winter, try to wash your face only at night so you don't dry out your skin. Avoid harsh and astringent cleansers that strip skin of its natural oils. Look for formulas with impressive skin freshening and brightening capabilities with Vitamin C and other antioxidants.

Try: -Cerave Hydrating Facial Cleanser (\$12, target.com)

-Aveda Beautifying Cleansing Oil (\$30, aveda.com)

-Sunday Riley C.E.O. C+E Micro-Dissolve Cleansing Oil (\$38, sephora.com)