



Tips for Skincare

Drink lots of water

Wash in lukewarm water

Choose cleansers carefully

Exfoliate to remove dry flaky skin cells

Choose moisturizers carefully

Moisturize immediately after washing

Keep those showers short and sweet

Humidify

Protect from the elements

Sunscreen is not just for summer!



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)**



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)



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))



Use Hydrating Makeup

There's nothing more frustrating than seeing your makeup flake off midday. During cold months, replace drying powder makeup with creamy formulas. After you apply your makeup, add a facial mist to your routine to pump up the hydration. Hydrating mist gives dry and dull skin a brighter, more supple appeal.

- Try:** - Clinique Chubby Stick Cheek Colour Balm (\$24, clinique.com) -
-CoverGirl + Olay FaceLift Effect Makeup (\$18, walmart.com)
-Juice Beauty Hydrating Mist(\$25), juicebeauty.com)

Nutrition and Nutrients

Add some healthy fats to your diet, such as avocados, nuts and olive oil. What you eat and drink directly affects your complexion. Moderate alcohol intake and other diuretics that cause dehydration.

Drink, Drink, Drink....Water That Is!

The cold days of winter cause our skin to chap and flake, but drinking uber amounts of water can balance us out and keep our skin hydrated. Aim for at least 12-14 eight ounce glasses a day. If fizzy water is your thing, that counts too, so enjoy!

Best Hand Creams Ever!

- Rich Girl Hand Cream SPF 25 (\$28, nordstrom.com)**
Jack Black Industrial Strength Hand Healer (\$15, nordstrom.com)
SkinFix Ultra Rich Hand Cream (\$12, ulta.com)