MAKE ROOM FOR A NEW YOU!
Clear your closet, lighten your load
YOUR SKINCARE RECOVERY GUIDE

At the end of a long winter, your skin needs a little R&R. Even if you’ve been vigilant about moisturizing and protecting it, you’re probably still familiar with the persistent cold-weather bugaboos: dryness, dullness, and rough patches. Banish them with our doctor-recommended, no-fail solutions.

DRYNESS

CAUSE: When the air is less humid—indoors or outdoors—moisture is wicked away from the skin, leaving it drier, says Jessica Weiser, MD, clinical instructor of dermatology at Columbia University. Irritants such as detergent and fragrance, as well as frequent washing, can exacerbate the problem, says Emmy Graber, MD, president of the Dermatology Institute of Boston. And certain medications—water pills, for example—can cause or worsen dryness, as can some medical conditions, like thyroid disease, says Brooke Jackson, MD, medical director of Skin Wellness Dermatology Associates in Durham, North Carolina.

SOLUTION: Take only short, warm showers or baths of ten minutes or less; cleanse with a hydrating body wash; then moisturize, moisturize, moisturize, says Jackson. To avoid looking ashy, women of color should try layering. Start with an oil to form a hydrating film on the skin, and top that with a thick lotion or cream to penetrate. Jackson likes coconut oil, but you can also use lotions with argan or almond oil, petrolatum, glycerin, hyaluronic acid, or ceramides. Finally, it helps to drink enough water because your urine is a light yellow and to humidify your home, she says.