

Better Homes & Gardens

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Tinted lip balm packs more hydration than a lipstick or lip gloss.

FACE

Squeaky-clean skin can lead to redness or irritation, especially in the winter. To keep your complexion soft and glowy, wash nightly with a cleanser free of sulfates, which can strip the skin of protective oils. “In the morning, recleansing isn’t usually needed,” says Boston dermatologist Emmy Graber, M.D. Instead, splash with water, pat your face, and while it’s still damp, slather on a rich cream to seal the moisture into your skin. Prone to breakouts? In that case, opt for a gel cream moisturizer instead. “They have less of a tendency to sit in—and clog—pores, but they’re still very hydrating,” Graber says.

BODY

Long, hot showers; harsh soaps; rough scrubbers (like loofahs); and skimpy hydration all contribute to a dry, itchy body. Because you probably don’t want to give up that steam on a chilly morning, try to minimize your skin’s exposure to the hot water. “Keep your shower quick—10 minutes or less—and step away from the direct stream of hot water when you lather or shave,” advises Connecticut dermatologist Mona Gohara, M.D. The cleansing process washes away some of the body’s natural oils, so look for a replenishing body wash or bar containing ceramides or other hydrators. While your skin is still damp—before even starting to towel off—slather on a thick body cream packed with ingredients like dimethicone or petrolatum to prevent dryness.

LIPS

An ointmentlike balm with a petrolatum base is best for soothing chapped lips. “It’s the most effective at sealing in moisture because it gets between skin cells,” Gohara says. (Try **Glossier Balm Dotcom**, \$12; glossier.com.) If you find an ointment too messy and prefer a stick formula, pick a solid balm with



TLC FOR HANDS

Your hands have a raw deal between winter conditions and frequent handwashing. Avoid drying antibacterial soaps, and carry hand cream so you can moisturize after washing. Is your skin already irritated? Check out BHG.com/Strive/SensitiveSkin to learn about the best ingredients for soothing easily irritated skin.



ingredients like shea butter, oils, or glycerin to smooth and pamper your pout. (Try **Eos Crystal Lip Balm**, \$5; target.com.) Finally, avoid bad habits like licking your lips, which is drying, and picking dead skin. The best way to remove flakes is to gently rub your lips with a wet washcloth in the shower while your skin is soft from the humidity.

FEET

A few times a week, rub on a lotion with an exfoliator like alpha hydroxy acid, then put on socks. Now your entire day—or night if you do this before bed—doubles as a foot treatment. Already have cracks? Gently file your heel with a foot file. (Try **Tweezerman Sole Smoother**, \$20; tweezerman.com.) Then dab Super Glue on the cracks. Yes, Super Glue: “Literally put a drop in the crack. It will dry, seal it, and allow the skin to fill in from the bottom up to heal it,” says Chicago dermatologist Carolyn Jacob, M.D. “The foot also won’t hurt so much.” Finish by slathering on the exfoliating foot cream and, of course, slipping on socks. ■