



Winter Skin Relief

Depending on the climate you live in, winter can wreak havoc on your skin by causing it to become dry, rough, and itchy. While cold, low-humidity winter air is drying enough on its own, the increased use of indoor heating, taking long, hot baths or showers on cold winter days, and increased hand washing also contribute to having drier skin in winter. **Here are some dermatologist-recommended ways to help keep your skin soft and smooth during the harsh winter season:**

- Moisturize with a heavy cream instead of a light lotion, and apply it both in the morning and at night.
- Use a cream that contains ceramides, which helps skin repair itself and keeps the skin barrier intact.
- Apply moisturizer immediately after bathing, while your skin is still somewhat damp. This helps to trap moisture in the skin.
- Use hydrating cleaners when bathing instead of regular soaps, which can strip too much natural oil from the skin.
- Take short, warm baths or showers to limit your skin's exposure to hot water.
- Avoid scrubbing dry skin to help reduce skin irritation.
- After applying moisturizer to your arms or legs, try wrapping them lightly in plastic wrap to allow the moisturizer to sink in while reducing evaporation.
- Use a humidifier in the rooms where you spend the most time, especially while sleeping.
- Drink plenty of water to keep your body hydrated.

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