Winter Skin
Face Jack Frost head on

Winter brings a lot of frosty fun, and with it an array of dry skin dilemmas. Ski, skate or enjoy a brisk winter hike and you face, chilly temperatures, wind and low humidity. Step indoors for a cup of tea, and dry indoor heat is also damaging. Add to this long, hot showers and itchy woolen clothing, and you have a perfect winter storm of skin troubles, including an itchy, tight complexion, chapped lips, flaky scalp and dry, cracked hands.

Follow these winter weather tips to keep skin soft and radiant throughout the season:

- **Lower the temp.** While a hot, steamy shower or tub sounds like just the thing you need, hot water can strip away oil and moisture and leave skin feeling dry and flakey. Same thing goes for your hair. Try rinsing hair with cool water to retain moisture and reduce the frizz effect.

- **Cleanse – but gently.** Replace deodorant bars, antibacterial soaps, perfumed soaps and skin care products containing alcohol, like hand sanitizers. These can all strip away the skin’s natural oils. Try a mild, fragrance-free soap or a soap substitute that moisturizes. We like Avene Trixera Emollient Cleansing Shower and Bath Gel and Avene Trixera Emollient Cleansing Cream (available at our clinics)

- **Use moisturizer immediately after bathing or showering.** A gentle lotion or oil applied to damp skin helps to lock in moisture from the bath or shower

- **Exfoliate to get the most out of your moisturizer.** Exfoliating products can help to slough off dry, dead skin and help moisturizers to work properly. An exfoliating body wash like Glytone can be used in the shower, followed by a smoothing,
exfoliating cream like Avene Akerat or Akerat S (available in our clinics) or products like Amlactin or Ulactin (available in most drugstores); and then a regular moisturizer at bedtime.

- **Soften skin before shaving.** It is best to shave right after bathing, when hairs are soft. Use a shaving cream or gel to lessen the razor’s irritating effects. Leave the product on your skin about 3 minutes before starting to shave. Shave in the direction that the hair grows. And always change razor blades after 5-7 shaves, as a dull blade bothers dry skin.

- **Cover your hands and feet.** Treat hands (and feet) with a rich moisturizer, like Aquaphor or Elta MD (see recommended products below). Cover hands with cotton gloves and feet with socks at bedtime for all night repair.

- **Be kind to your face.** Cleanse your face just once a day – at night. In the morning, rinse your face with cool water.

- **Soothe chapped lips.** At bedtime, apply a lip balm that contains petrolatum. Other names for this ingredient are petroleum jelly and mineral oil. Try Avene Cold Cream Lip Balm.

- **When heading out, cover up.** Wrap yourself in a scarf and wear protective gloves to help prevent chapped lips and hands. Try to avoid scratchy materials right up against your skin, as these can rub your skin the wrong way and cause chaffing.

- **Comfort your skin** (and breath easier) at night. Use a cool mist humidifier to moisten the air in your bedroom while you sleep.

**Try these moisturizing products**

**Available in our clinics:**
- Avene Trixera Emollient Cleansing Shower and Bath Gel
- Glytone Exfoliating Body Wash
- Avene Trixera Emollient Cleansing Cream
- Avene Cold Cream Lip Balm
- Elta MD Moisturizer

*Over the counter brands we also recommend:*

- CortiBalm
- Aquaphor
- Cetaphil
- CeraVe
- Neutrogena Norwegian formula
- Dermesis

Learn more about dry skin solutions from the [American Academy of Dermatology](https://www.aad.org)