

smile

A BEAUTIFUL YOU, INSIDE AND OUT

smile SO PRETTY!

baby your face.

Your approach to washing should be gentler this time of year. Anne Marie Tremaine, M.D., and Elizabeth Tanzi, M.D., share how to tone down your cleaning routine during cooler months.

indulge your lips.

Keeping the outermost layer of skin on the lips, known as the lipid layer, intact is the key to preventing a cracked, dry pout. Celebrity aesthetician Joanna Vargas offers helpful tips for keeping it healthy.

benefit your body.

Oil has a bad rap, largely because of the multitudes who were plagued by breakouts and greasy hair as teenagers. But you've changed, and so have the products. (Trust us—you'll be a convert!)

help your hands.

Between all the hand-washing, table-wiping, and bath-giving, mom's hands dry out no matter the season. A quick addition to your nightly routine is all you need to keep them soft and smooth all winter.

BYE-BYE, DRY

Get parched skin glowing with these pro tips and powerhouse products.

BY CHRISTINA VERCELLETO

The causes of itchy, dry winter skin—hot air inside, cold air outside, and running back and forth between the two—are hard to avoid. So focus on what you can change: your products and routine. Turn the page to discover your new top-to-bottom skin heroes and smart tips to go with them.

WHAT TO DO

Consider switching to a creamy, moisturizing cleanser that isn't so sudsy, suggests Dr. Tremaine. Those bubble-producing sulfates strip your natural oils. And while regularly exfoliating clears clogged pores and removes dead skin cells, try to avoid harsh scrubs, Dr. Tanzi says. The large, abrasive granules may make your redness worse.



Sonia Kashuk Resurface Gentle Exfoliating Wash Smooth away flaky skin with micronized algae, a fine, nonabrasive exfoliant that rejuvenates skin. \$15; target.com

WHAT TO TRY



Garnier SkinActive Miracle Anti-Fatigue Wake-Up Gel This day-or-night moisturizer will keep the hydration going for up to three days. \$17; drugstore.com



Miss Spa Deep Therapy Lip Mask Book 20 minutes of talk-free time! This patch is an intensive restoring treatment for even the most wind-worn. \$4; miss-spa.com



Laura Mercier Infusion De Rose Nourishing Lip Balm Rosehip-seed oil gives this staying power, locking in moisture longer than a standard stick. \$24; lauramerrier.com



JASON Smoothing Coconut Refreshing Shower Oil Sure, it works like any body wash. The difference: It seals in serious moisture. \$12; jason-personalcare.com



ACURE Rose Dry Oil Body Spray Along with argan oil, this line mist contains sandalwood, which triggers a repair process in dry skin. \$23; acureorganics.com

Today's brood of oil options—including coconut, macadamia, and argan—have a fine molecular structure, so they sink in quickly. The risk of clogged pores? Slim to none! Body oils soothe and soften like nothing else. Vargas is a big fan of them because they provide essential nutrients, such as fatty acids, which help the skin maintain moisture.

Because we use our hands all day, every day, moisturizers don't have a chance to stay on, explains Dr. Tremaine. "That's why overnight is the most restorative time for them," she says. Before bed, smear on a rich cream, so the product has time to sink in, and slip on some cotton gloves if you can. Have an extra minute? Exfoliate first!



Fresh Strawberry Nourishing Hand Cream Vitamin E teams up with sea buckthorn and cranberry-seed oils, both packed with dryness-battling omegas. \$22.50; fresh.com



SheaMoisture Fruit Fusion Exfoliating Hand & Body Scrub Polish up with hydrating coconut water and aloe—both great for hastening healing. \$10; ulta.com