

Winter Skin SOS

ALL SKIN TYPES NEED PROTECTION FROM
HARSH WINTER WEATHER. TRY THESE SOOTHING SOLUTIONS
FOR A HEALTHY, BEAUTIFUL COMPLEXION

When temperatures drop, the odds skyrocket that your skin will feel tight, become flaky and look red, thanks to culprits such as the season's cool air, dry wind and low humidity (both indoors and outdoors), as well as bad skin habits, such as overly hot showers and inadequate moisturizing. The resulting dryness is bad news for your face. "Water helps preserve the hydration of the outer layers of the skin, creating an effective barrier that protects the body from bacteria and irritants," says Kenneth Beer, M.D., director of the Palm Beach Esthetic Center, in Florida. Here, a winter skin-care plan that will keep your skin healthy and better protected.

If your skin is...OILY

Although you get some protection from sebum (oil produced by the sebaceous glands that also helps your skin retain moisture), it's not always enough. "The surface can look greasy and shiny even while the underlying layers are not properly hydrated," notes Jody Alpert Levine, M.D., owner and cofounder of Plastic Surgery & Dermatology of NYC, in New York City. Clues that your oily skin is crying for moisture include tightness, flaky patches and sensitivity to products that you can normally tolerate in warmer months.



THE #1 MOISTURE MYTH

Can eight glasses of water a day keep skin dryness away? Drum roll, please: "No," says Dr. Levine. Drinking adequate water is important, but not enough: You need a good moisturizer too.

If your skin is... COMBINATION

When your skin has a split personality, you get two different skin reactions in winter. For instance, your temples and cheeks, which are already on the normal to dry side, can become even more dehydrated, while the oily T-zone can get flaky, especially around the nose. Also, it's not uncommon for combination skin to become less tolerant of the acne treatments that you're so reliant on, making the goal of a balanced complexion—which Dr. Levine defines as smooth with no shiny or overly dry areas—quite a skin challenge.

When you already have dry skin, you fight a year-round battle against tightness, dullness, roughness and even more pronounced wrinkles. These symptoms become more prevalent and harder to treat during the colder months. And don't be surprised to suddenly experience these conditions if you've never