Winter Skin Care

The dry air of winter, both indoor and outside, can make it difficult to keep skin from getting dry, chapped, and itchy. Harsh wind, low humidity, and indoor heating are common factors that contribute to your skin's dryness. This time of year, it's especially important to protect your skin, keeping it healthy, moisturized, and youthful. The following tips will help:

1. Cleansing And Bathing

There is a common misconception that skin needs to be "squeaky clean." People often spend too much time as well as too much soap and water bathing. Skin is healthier when all of the dirt and oil on the skin are removed but not over-exposed to harsher conditions. There are some suggestions to treat your skin kindly while at the same time effectively cleaning:

• Use recommended non-soap based cleansers such as SkinCeuticals Purifying Cleanser or SkinMD Ultra Sheer. Use a gentle cleanser that leaves the skin feeling moisturized.

2. Moisturize

If you don't apply moisturizer to your skin, now can be the time to get into the habit.

- Avoid Hot Showers

A hot shower or bath can be tempting during the cold winter months, but the hot water can be stimulating and deprive your skin of much-needed moisture. Avoid taking baths for too long, especially if your skin is dry. Hot water makes the skin dry and apply one of the lotions listed above right away.

- Use A Humidifier

Indoor central heating, space heaters, and other methods to keep us warm during the winter can make the air very dry, robbing your skin and sinuses of moisture. Even an inexpensive humidifier from the drug store (one placed in each room of the home) can make a big difference and restore important moisture to the air.

- Dress In Layers

Cotton fabrics allow you to add or remove items to keep your body heat in a comfortable range. Cotton fabrics allow natural oils to be left on the skin, the healthier it will be.

3. Avoid Hot Showers

- Excessive sweating and overheating is a common trigger of winter itch. Wearing layers of clothing allows you to add or remove items to keep your body heat in a comfortable range. Cotton fabrics are the best and are not as aggressively or too frequently applied to the skin and do not dry out the skin.

- Moisturizer

- If you use a moisturizer but find that you skin is still dry and cracked, you may benefit from using moisturizers containing a higher percentage of ceramides. Moisturizers containing ceramides are more moisturizing than lotions, creams, and emulsions are more moisturizing than lotions.

- Moisturizer Examples:

  - creams: CeraVe Moisturizing Lotion, Vaseline Intensive Care, Lubriderm, Curel Moisturizing Cream, Original Eucerin Cream, Cetaphil Moisturizing Cream, Neutrogena Moisturizer, Creme of Nature moisturizer, Neocutis Neocleanse Gentle Cleanser, or Aquanil Cleansing Lotion.

4. Use A Humidifier

- In general, ointments are more moisturizing than creams, and creams are more moisturizing than lotions.

- Moisturizer Examples:

  - lotions: CeraVe Moisturizing Lotion, Vaseline Intensive Care, Lubriderm, Curel Moisturizing Cream, Original Eucerin Cream, Cetaphil Moisturizing Cream, Neutrogena Moisturizer, Creme of Nature moisturizer, Neocutis Neocleanse Gentle Cleanser, or Aquanil Cleansing Lotion.

- Ointments: Vaseline Petroleum Jelly, Aquaphor

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5. Protect Your Hands

- Remember to keep the skin on your hands protected as well. Apply lotions and moisturizers to your hands frequently, especially after handwashing. Wear gloves to protect them from the cold, dry, and dry air.

- Lotions:

  - CeraVe Moisturizing Lotion, Vaseline Intensive Care, Lubriderm, Curel Moisturizing Cream, Original Eucerin Cream, Cetaphil Moisturizing Cream, Neutrogena Moisturizer, Creme of Nature moisturizer, Neocutis Neocleanse Gentle Cleanser, or Aquanil Cleansing Lotion.

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