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The Dry Season

The biggest issue facing winter skin is lack of moisture. Our outermost skin, or barrier layer, should protect the deeper ones from outside elements. It should also seal in what those layers need to stay healthy.

"Unfortunately, cold weather dries, damages and injures that outer barrier," Bank says. "And it becomes less effective and less water-tight. People think dehydrated skin lacks oil, but what's missing is water." Dehydration is often the cause of the stiff joints and tiredness we sometimes feel in winter.

Lifestyle and environment only exacerbate the problem. Kathryn Khadija Leverette, owner of Urban Skin Solutions, a spa for diverse skin tones in Oakland, California, advises clients about external variables that can have an enormous impact on their skin. She suggests the following:

- **Lower the thermostat.** Skin benefits from lower temperatures, so set your thermostat to 68 degrees rather than 72 or 75. Layer clothes to keep warm. Heat up your car or house, then turn off the heat. Don't sleep with a space heater near your bed.
- **Avoid hot showers or baths.** A 10-minute bath followed by a moisturizer while the skin is still damp can be hydrating. However, water that is too hot, or showers that last too long, can also be drying.
- **Compensate for medications.** Cold and flu season brings more frequent use of antibiotics and over-the-counter remedies that dehydrate from within.
- **Soften your water.** Hard-water showers and baths can be especially drying to skin and hair.
- **Dramatically increase water intake.** Most of us don't drink enough water. Coffee, tea, soda and alcohol dehydrate even more. Drink half your body weight in ounces of water per day.

Cold Weather ABCs

Skin care for any season starts with cleansing. "Skin is more sensitized with wind and harsh climates. You don't want to cleanse with anything that can irritate," says Heather Hickman, regional education manager at the International Dermal Institute. A cleanser that's used in warmer months for removing excess oils and cleansing pores might need to be replaced with something more gentle.

"And winter skin tends to look dull," Hickman adds. "To keep it glowing, try a daily exfoliant."

Moisturizers that nourish and replenish are essential for winter. "The answer to proper winter moisturizing lies in utilizing ingredients that trap moisture and increase the skin's moisturizing ability," says Annette Hanson, founder of Atelier Esthétique Institute.

Hanson suggests a moisture-boosting serum, followed

THE COLD FACTS

Chilly climates and harsh elements can wreak havoc on even the healthiest skin. The following products can provide shelter from the storm:

1. **Académie Total Ultimate Concentrate** boosts cellular activity and reduces the appearance of wrinkles. It fights free radicals with silicon-hyaluronic acid, anti-proteinase actives and plant oils. 713/688-5900, skinacademie.com
2. **Jan Marini Age Intervention Regeneration Booster** uses telomerase enzymes, anti-inflammatory agents and peptides. It comes packaged as a six-week antiaging program. 800/347-2223, janmarini.com
3. **Oxygen Botanicals Hyaluronic Hydrating Gel** alleviates dry and dehydrated skin with hyaluronic acid. Additional humectants include sodium lactate, sodium PCA and ceramide. 800/445-8418, sybaritic.com
4. **DermaQuest Revive Rich Therapeutic Care** provides deep hydration and DNA repair. It uses sodium hyaluronate, vitamin E, wheat germ oil and squalane. 800/213-8100, dermaquestinc.com
5. **Oraia Anti-Aging Intensive Regeneration Complex** uses a combination of antioxidants to control free-radical damage and fight aging. 888/452-2463, oraiaskin.com
6. **Murad Professional Activating Cleansing Emulsion** is an oxygen-activated foaming cleanser. It removes impurities, leaving pores cleansed and refined. 800/242-1103, murad.com
7. **Ischia Thermae Thermal Repair Cream** employs chamomile and vitamin B₅ to restore and protect. It shields skin from harmful external agents like wind and temperature changes. 410/274-8400, adeleimports.com
8. **Repêchage Hydra Dew Nourishing GelCream** combines the richness of a cream with the fast-acting penetration of a gel to hydrate, soften and brighten dry, irritated skin. 201/549-4200, repechage.com
9. **GlyMed Plus Intense Peptide Skin Recovery Complex** delivers amino acids to target lines and wrinkles, repair tissue and rebuild collagen. 800/676-9667, glymedplus.com
10. **Sothys Secrets Global Anti-Aging De-Stressing Cream** employs hexapeptide matrixyl and anti-stress shield Tex-OE to restructure and protect skin cells. 800/325-0503, sothys-usa.com
11. **Éminence Pumpskin Latte Hydration Masque** uses beta carotene-rich pumpkin, vitamin E and omega-9 nutrients to restore dry skin. 888/747-6342, eminenceorganics.com

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