



WINTER SKIN SAVERS

Frigid air and dry indoor heat can turn your skin to dust. Here's how to KEEP YOUR "BASE LAYER" ALIVE. by NICOLE CUSICK

WINTER'S CHILL, ARID AIR CAN wreak havoc on your epidermis, and any moisture that isn't zapped by falling humidity levels is sure to be depleted by water-sucking wool sweaters and indoor heating units. "Win-

ter dries you out in general," says Dr. Trepina Galloway, a dermatologist with the Cleveland Clinic. "So I recommend people focus on getting as much moisture into their skin." To combat the snake-scale effect, try these skin-care prod-



HUMIDIFIER

Desert Spring
Indoor heating can drop

humidity levels to 10 percent, so turn down the thermostat. Use humidifiers to bring moisture levels to between 30 and 50 percent. "That will put moisture back into your skin," Galloway says. We like Desert Spring's whole-house, eco-friendly model (\$270; desertspringproducts.com).

use it only once a week; any more than that and you'll cause irritation. Anthony Logistics for Men's Sea Salt Body Scrub is a gentle bet (\$25; anthony.com).

CONDITIONER

Paul Mitchell

Winter's static air and fuzzy hats can leave you looking like you've stuck your finger into an electrical socket. To combat flyaways, dandruff, and an itchy scalp, rub a small bit of conditioner through towel-dried hair a few times per week. Conditioner from Paul Mitchell (\$9.50; paulmitchell.com).



EXFOLIANT

Anthony Logistics
Flaky skin can lead to a vicious cycle of itching and scratching. Slough off dead skin cells with a mild exfoliant. But



the lotion, then don a pair of cotton socks and go to bed. By morning your feet will be less like a hobbit's (\$16; ahava.com).



CLEANSER

Cetaphil

Steer clear of antibacterial soaps and gels during winter (especially if they contain alcohol). "Get something mild and non-allergenic," says Galloway. Cetaphil's Gentle Cleansing Bar may sound girly, but it's seriously gentle — and free of fragrances and harsh detergents (\$4; cetaphil.com).



SUNBLOCK

Kiehl's

"It may not be warm out, but you still need sunblock," says Galloway. Since snow reflects sunlight, winter sun damage can be more intense than summer burns. Pick

ather and sun protection combo like All-Sport "Non-..." a water-resistant, SPF 30 that guards against sun- and windburns (\$5.50; kiehls.com).



SECRET WEAPON

Vaseline

If you're going to invest in just one skin product this winter and don't want to deal with fancy stuff (or spend more than \$5), make it a tub of Vaseline. "It's the best moisturizer," says Galloway. "And it's completely all-purpose." Use a bit on chapped lips, cracked knuckles, a red nose, or dry ears and elbows (\$5; vaseline.com).

CUMBERLAND: DAVID TROBONZ/STONE-ISLET; MAKEUP PRODUCTS: MICHAEL PERAZICO