

teenVOGUE

How to Moisturize Dry, Cracked Skin for Winter

Hydrating heroes.

Zoë Weiner | DEC 2, 2016



Even though the weather is starting to get colder, there are still a ton of things to look forward to: ice skating, egg nog, the day-after-Christmas sale. But as much fun as this time of year is, there is also one major drawback that comes with the temperature drop: dry skin.

The cold air that comes along during the winter can have seriously dehydrating effects on your skin, and leave you feeling dry, chapped, and flaky from head to toe. Yuck. Between the low humidity in the air, the long, hot showers we all inevitably take to warm ourselves up, and the added friction from winter materials like wool and stockings, our skin doesn't stand a chance.

While we all know we need to moisturize, moisturize, moisturize this time of year (and all year round, actually) to keep our skin from going nuts, here are seven other things you may not have tried yet to help keep your skin feeling silky smooth until spring.

Switch To Milder Soaps

First things first: Start your moisturizing routine before you even step out of the shower. According to Dove Dermatologist Dr. Mona Gohara, soap strips the skin of its essential moistures, which only adds insult to injury after the dry winter air has already done the same thing. Switch to a moisturizing soap or body wash, like the Dove Beauty Bar or Dove Deep Moisture Body Wash, which combine mild cleansers and NutriumMoisture technology to give you softer, smoother skin.

Scale Back on Topical Acne Medications

Many topical acne medications are dehydrating to begin with, which becomes problematic when you're piling them onto dry skin. "Uncomfortable peeling and flaking as a result of acne-fighting creams and ointments can lead to constant itching and unwanted acne scarring," says **Beverly Hills Dermatologist Dr. Ava Shamban**. Talk to your doctor about winterizing your acne care routine, or try one of these methods for treating acne with dry skin.

Invest In a Humidifier

It's not just the outside air that can mess with your skin in the winter — indoor heaters on full blast can do quite a number on it, too. Feel free to take this as an excuse to turn your bedroom into an at-home spa by investing in a humidifier that will help keep your skin hydrated overnight. This one from Homedics doubles as a sound and light machine and an essential oil diffuser, which is pretty much guaranteed to give you the most luxurious sleeping situation of your life.

Swap Makeup Removing Wipes for Coconut Oil

Just when you thought you had found every possible use for coconut oil, here's another highly effective one: as a makeup remover. Since many commercial makeup wipes contain alcohol and are thus inherently drying, celebrity facialist Tess Adams suggests swapping them for coconut oil. Unlike olive oil, coconut oil is light enough that it won't clog your pores, but is still highly effective at taking off even the most stubborn eye makeup.

Use Rose Water as Toner

If toner isn't already a part of your daily routine, now would be a good time to add it in. In general, toner helps smooth and even out your skin to allow creams and moisturizers to be absorbed more smoothly. Adams suggests using rose water, which will hydrate your skin while it tones it, instead of an alcohol-based commercial product that could potentially dry you out.

Add Aloe to Your Routine

Whether you're getting your aloe topically, through aloe pills or by drinking aloe water (which is Lea Michele's skincare secret, FYI). Integrating the naturally hydrating plant into your daily regimen will help keep your skin from drying out, says Adams.

Perfect Your Pout

All of your new holiday lipsticks (Koko K by Kylie Jenner, anyone?) won't look nearly as #flawless if the lips underneath them aren't well cared for. To keep from drying out, exfoliate your lips at least a few times a week with Bite Beauty's Lip Scrub (or this easy, all natural DIY version) and apply a beeswax or natural oil-based chapstick as needed.

<http://www.teenvogue.com/story/how-to-moisturize-dry-cracked-skin-for-winter>