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## Products and Tips to Deal with Itchy, Dry Skin On Your Face

By Kathleen Felton | January 4, 2019



**Anna Guanche, M.D.**, a dermatologist and celebrity beauty expert based in Calabasas, CA, notes that common cold-weather habits can exacerbate the problem, too. "When it's cold outside, we often crank the heaters and take long, hot showers to warm up," she says.

Certain medical conditions (such as hypothyroidism, anemia, diabetes, and some nerve disorders) can cause dry skin as well, Dr. Guanche adds. Other possible culprits: dehydration, not applying moisturizer, and not eating enough healthy fats.

The main difference is that eczema's "itch" is driven by the release of a chemical in the skin called histamine, explains Dr. Guanche. "Though other people can experience itching of the skin without this underlying process, it's generally less intense," she adds. Eczema usually looks more intense, too: It can resemble a red, scaly rash.

Dr. Guanche stresses the importance of taking shorter showers and baths, using cooler water that won't dry out skin even more. She also recommends filling your plate with lots of healthy fats (think fatty fish like salmon, olive oil, avocados, and nuts and seeds), and drinking plenty of water to keep skin hydrated from the inside out.



It may be on the pricier side, but applying this rich serum under your moisturizer at night will help take your complexion from dull and dried-out to bright and glowing. "It's great for soothing dry facial skin as it contains menthol, which cools skin, leaving a fresh complexion," says Dr. Guanche.

Lips are one of the most dryness-prone areas of the face, and when in doubt, you can't go wrong with this drugstore balm—one of Dr. Guanche's top picks. Soothing ingredients like glycerin, petrolatum, and lanolin help heal a cracked pout.

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