



Winter itch

Cold weather, with its low relative humidity, wreaks havoc on your skin, making it dry and flaky. Skin dries out if it's deprived of moisture, and this dryness often aggravates itchiness, resulting in a condition commonly referred to as "winter itch." Fortunately, there are several ways that you can replenish the water content of your skin.



SKIN ADVICE

- **Moisturize daily.** After bathing, apply moisturizer directly to your wet skin to ensure that the moisturizer can help to trap surface moisture. Opt for moisturizers for dry or sensitive skin with hydrating ingredients, such as glycerin, hyaluronic acid, petroleum jelly, ceramides, or lactic acid.
- **Limit the use of hot water and soap.** Take short lukewarm showers or baths with a gentle, moisturizing soap, enriched with plant oils.
- **Humidify.** Dry air can pull the moisture from your skin. Room humidifiers can be very helpful. However, be sure to clean the unit and change the water according to the manufacturer's instructions to reduce mold and fungi.
- **Protect your skin from the sun.** Remember that winter sun can also be dangerous to the skin. Even in the winter months you should use a sunscreen with a sun-protection factor of 15 or greater if you will be outdoors for prolonged periods.
- **Protect yourself from the wind.** Cover your face and use a petrolatum-based balm for your lips.
- **Avoid winter tanning.** Tanning beds and artificial sunlamps are always damaging to your skin and increase your risk of skin cancer.
- **Stay hydrated.** Drink plenty of water throughout the day to help your skin stay hydrated from within.