



Image Rx: Weatherproof Your Skin

By Kristina Ferrante Coleman

Dry skin is an all-too-common problem, especially during the colder months, or if you live in an area without much humidity. And while it might seem reasonable to think we can rehydrate an itchy epidermis by upping our daily water intake, it's not that simple. Contrary to popular belief, "most moisture that is lost in the skin is due to the surrounding environment, not the result of drinking an insufficient amount of water," says **Kenneth R. Beer, M.D., F.A.A.D.**, a Palm Beach, FL-based dermatologist and the author of *Palm Beach Perfect Skin: The Quest for Ideal Skin Health & Beauty* (MDPublish.com, 2006). **IMAGE RX:** "One way to minimize [dry skin] is to add humidity, or moisture, to your environment," Beer says. "You can do this easily by adding a humidifier to your bedroom." Another way to relieve parched skin is to improve the skin's natural barrier function.

IMAGE RX: "If your skin is dry and sensitive, avoid [certain] ingredients in your beauty products, such as fragrances and anti-aging glycolic acids," Beer says. Glycolic and fruit acids are supereffective exfoliators so they increase turnover of surface skin, which facilitates moisture loss. Fragrances, on the other hand, may act as irritants when in contact with already raw skin.

"Bland, thick products do a much better job at treating extremely dry skin than do thin lotions," Beer adds. Using nondrying facial cleansers also can help. We love Dr. Hauschka Cleansing Milk (\$33.95, drhauschka.com), which is a makeup remover for dry and sensitive skin and helps maintain the skin's natural pH.

It is also important not to cleanse your skin too frequently, since this can strip away your skin's natural oils. **IMAGE RX:** "I recommend that most people cleanse once a day if their skin is normal (preferably at the end of the day to remove accumulated debris) and twice or three times a day if their skin is oily," Beer



We recommend Kiehl's Creme de Corps Nurturing Body Washing Cream (\$16, kiehls.com), which is enriched with jojoba and shea butters. After showering, try La Prairie Cellular Body Emulsion (\$100, laprairie.com), an antioxidant-rich and sea algae-infused lotion with intense emollient ingredients that creates a barrier to help retain moisture, leaving skin luminous.

For the face, try Clarins Crème Douceur Jour (\$55, gloss.com), ideal for delicate, sensitive skin since it is hypoallergenic and noncomedogenic. For nighttime, use Sally Hershberger Supreme Night Cream (\$75, sallyhershbergerfaceplace.com), which is fragrance-free and contains natural botanical extracts rich in vitamins and antioxidants to help moisturize your face while you sleep. If you prefer to use just one moisturizer day or night, try Estée Lauder Hydra Complete Multi-Level

says. "If the skin is sensitive, cleanse once per day with a mild cleanser like [Cetaphil](#). For dry skin on the body, [gentle] cleansers and lotions can be very helpful in leaving skin with the oils it needs."

Moisture Gel Creme (\$40, [esteelauder.com](#)), made especially for dry skin. One of the key ingredients, phytantriol, helps the skin adapt to external humidity changes and maintain a more constant moisture level.

Remember, too, that the products that help soothe your skin in dry environments (think Las Vegas) are too rich to use in others where the humidity is high (such as Miami).

IMAGE RX: "It's important to change products when you change environments," Beer says. When traveling, consider the climate you're heading to and pack an appropriate moisturizer.

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