

Q: How can I deal with my winter skin?



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CANADIAN WINTERS ARE notoriously hard on our skin. As a result of exposure to the long and cold season, skin can often become dry, flaky and itchy.

The whole of the skin may be adversely affected, or sometimes just those areas regularly exposed to the elements, such as the face and hands. It's an issue that plagues many families, but there are ways to deal with "winter skin" before it becomes a problem.

For starters, invest in a good-quality humidifier. This will combat the dry air caused by central heating. Even better, think about buying a cool mist humidifier for your bedroom. This is especially helpful if you are prone to eczema.

Another home improve-

ment idea is to invest in a water softening system. This can go a long way to preventing dry skin, especially if your area has hard water.

As for personal habits, make sure to moisturize your skin regularly and with the right products. Lotions are best in summer, but for the colder months I advise you to switch to richer cream-based products. Look for ones that contain ingredients like glycerin,

shea butter, urea and/or ceramides. Apply your moisturizer twice a day, especially on exposed areas like the face and hands.

The most important time to apply a moisturizer is immediately after the skin is washed and still damp, as products will absorb better. Another smart switch is to forego harsh bar soaps for milder cleansers. Also, make sure not to overuse anti-acne and anti-aging products with retinol, which can dry out the skin.

With these simple changes, itchy, dry skin can become a thing of winters' past.

However, if problems persist, speak to a dermatologist. There are medications that can alleviate your symptoms. ❧

DID YOU KNOW?

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THE PERCENTAGE OF WOMEN VS. MEN WHO MOISTURIZE THEIR FACE