

fitness



Winter-Proof Your Skin

Whether your complexion is typically dry or oily, the chilly season changes everything. Stay soft and smooth with this personalized plan.

BY JENNIFER GOLDSTEIN ■ PHOTOGRAPHS BY STEVEN WHITE

get gorgeous



If your skin is Dry

COMPLEXION PROTECTION

Cut back on cleansing. Face wash is designed to remove debris, but it can take away a bit of moisture in the process. "In winter, limit washes to once a day," says Judith Hellman, M.D., a New York City dermatologist. The best time: "Do it at night, when you need to remove dirt and makeup," Dr. Hellman says.

If your skin is Sensitive

COMPLEXION PROTECTION

Wash with lotion. Cleanse with a cream-based formula rather than a gel. "Thicker, opaque formulas contain more moisturizing emollients," Dr. Hellman says. To max out its moisturizing ability, tissue off, don't rinse; you'll remove dirt while leaving behind a layer of healthy-skin ingredients such as glycerin.

Pass on perfume. "Fragrance is one of the most common irritants, especially when applied to sensitive skin," Dr. Hellman says. Scan product labels for phrases such as "fragrance free," and check the ingredient lists to be sure "fragrance" isn't there. (Hint: It's usually at the end.)