

GET GORGEOUS SKIN WHILE YOU SLEEP

A sneaky way to add moisture to dry indoor air? Bring in some plants. "Place big, leafy greens all around your home. Water travels through the stems, up through the leaves, and diffuses into the room," says Susan Taylor, MD, a dermatologist in Philadelphia. Indoor greenery like English ivy and areca palm are proven to boost a room's moisture levels—and are easy to keep alive, too.

soften your body

9. Load up on fish.

"Oily fish like salmon, sardines, and mackerel are high in omega-3 fatty acids, which help relieve dry, itchy skin," says Jessica Wu, MD, a dermatologist in Los Angeles and author of *Feed Your Face*. Another way to get the benefits: fish oil capsules. One study found that people with eczema who took fish oil capsules containing DHA—a specific type of fatty acid—had a nearly 20 percent improvement in symptoms.

10. Squeeze in some pre-shower prep.

When it comes to moisturizing your body, it's not just *what* you slather on, but *when* you do it. "Applying lotion to dry skin before you shower will prevent the drying effect of soap and hot water. The more, the better," says Alex Khadavi, MD, an associate clinical professor of dermatology at the University of Southern California in Los Angeles. Look for a hydrator with ceramides or hyaluronic acid to help skin retain moisture, and reapply post-shower. He recommends **CeraVe Moisturizing Cream** (\$15; drugstores). "It helps repair the skin's barrier and brings moisture back in."

11. Keep your razor in rotation.

"One gentle way to remove dead skin on your legs is by shaving!" says Ranella

Hirsch, MD, a clinical assistant professor of dermatology at the Boston University School of Medicine. "It not only removes hair, but by exfoliating in the process, it allows lotions to penetrate better." Try **Schick Quattro Disposable Razors in Strawberry Tangerine Twist** (\$7 for a three-pack; mass retailers).

12. Slather on silicone.

"My hands became dry and chapped my first winter living in Colorado," says Erin Welch, MD, a dermatologist in Denver. "Another dermatologist suggested I try a silicone-based lotion, as products containing silicone stay on the skin longer between washings. Now I go through

several bottles in winter!" Her pick: **Gloves In A Bottle Shielding Lotion** (\$16; drugstore.com).

13. Pass on the bubbly.

"Avoid sudsy soaps and body washes," says Jonith Breadon, MD, a dermatologist in Chicago. "Lots of bubbles mean a higher concentration of detergents and surfactants, which dissolve the oil on your skin and dry you out." Try Dr. Breadon's trick instead: "Wet a washcloth, apply a fragrance-free body lotion to it, and wipe yourself down in the shower. You'll get clean, and it'll leave a hydrating residue. Use a gentle soap on areas with a lot of sweat glands such as your underarms and groin."

14. Shop the drugstore.

Brutal winter weather can trigger annoying red, scaly patches on your body, especially if you're eczema-prone. To treat a mild flare-up, try an over-the-counter hydrocortisone cream. "It decreases the immune response and inhibits inflammation. Apply a thin layer two to three times a day," says Kenneth Beer, MD, a dermatologist in Palm Beach, Florida. "But don't rub vigorously because you can end up irritating skin more."



repair your hair

15. Do damage control.

Two words: Avocado oil. "It penetrates the cuticle and helps lock in moisture," says Dina Strachan, MD, an assistant clinical professor of dermatology at New York University. Can't get to Whole Foods? Try argan oil-infused **Redken All Soft Heavy Cream** (\$16; redken.com for salons).

16. Fix the flakes.

If an itchy scalp forces you to switch to a dandruff-fighting shampoo, keep hair shiny with this trick: "Use the dandruff shampoo just on the scalp, then apply a moisturizing shampoo on the rest of your hair," says Amy McMichael, MD, a professor of dermatology at Wake Forest University School of Medicine in Winston-Salem, North Carolina. A good combo: **Head & Shoulders Dry Scalp Care Shampoo with Almond Oil** (\$5; mass retailers) and **Aveeno Nourish + Moisturize Shampoo** (\$7; mass retailers). H

