

DR. OZ THE GOOD LIFE

Handbook

The Best Advice From Top Doctors

JAN/FEB 2015



**Soft Skin Tips
For Rough Weather**

Body

No matter where you live, winter brings on itchy dryness. **THE FIX:** Hydrate, exfoliate, and nourish.

Shower Quickly

Long, hot showers wash away your skin's natural oils, so keep them brief (about 10 minutes) and lukewarm, suggests Omaha dermatologist Joel Schlessinger, M.D. And always apply moisturizer to damp skin to seal in hydration.

Relieve Eczema

Take a cue from New York dermatologist Kavita Mariwalla, M.D. At night, apply a lotion with alpha-hydroxy acids like **AmLactin Moisturizing Body Lotion** (\$16, Walmart). In the morning, slather on a thick cream like **Eucerin Eczema Relief Body Creme** (\$12, drugstores). The acids in the first lotion gently break down skin's barrier overnight, allowing emollients in your a.m. option to absorb better.

Eat Healthy Fats

Make sure you're getting enough omega-3 fatty acids, good fats that help skin maintain optimum moisture levels, says dermatologist Mary Lupo, M.D., of Tulane University. Eating plenty of wild salmon, walnuts, and olive oil should do the trick. If you think you aren't getting enough in your diet, try an omega-3 supplement (see above).

TIP
Help your skin retain moisture with at least 600 mg of DHA omega-3 daily.



Face & Lips

What worked from May through October might be totally wrong for your skin right now. Five switches to get the job done:

Layer Your Skincare

Smoothing a serum or lightweight oil under your morning lotion will moisturize your skin more effectively, says Boston dermatologist Ranella Hirsch, M.D. Look for a product described as hydrating or moisturizing, with hyaluronic acid or argan oil, like **MyChelle Dermaceuticals Advanced Argan Oil** (\$14.50, mychelle.com).

Get a Bland Balm

If your lips are chronically chapped, it may help to stick to a flavorless type. "Mint and camphor can irritate sensitive lips, which then peel and flake even more," says Los Angeles dermatologist Jessica Wu, M.D.

Remember Eye Cream

The skin around eyes is the thinnest on your face, so it needs extra protection. An eye cream with glycerin, coconut oil, or ceramides helps to lock in moisture and blur fine lines. Try **Mario Badescu Ceramide Herbal Eye Cream** (\$18, Ulta).

Brush (Your Lips) Regularly

Your favorite lipstick won't look quite as pretty on chapped, flaky skin, so two to three times a week use a soft toothbrush to gently exfoliate your lips. "It's best to do this at night, then apply a thick layer of lip ointment," advises Wu. In fact, use balm every night; cranked-up heat combined with mouth breathing from a cold can leave lips extra-dry in the a.m.

Cleanse Gently

An overly harsh wash can strip away your skin's oils. One with ceramides and hyaluronic acid adds these natural hydrators back into skin. **CeraVe Hydrating Cleanser** (\$12, drugstores) has options for all skin types.



TIP

A hydrating cleanser won't disrupt the barrier that protects skin from the elements.

Hands & Feet

You know winter's here when they suddenly have that tight feeling. Try these tricks now to prevent and treat painful chapping and cracking.

Lather, Rinse, Hydrate

All that extra hand washing to ward off colds and the flu can rough up skin. Keep moisture in when you wash by smoothing on hand cream right after (park some near the sink and in your purse), says North Carolina dermatologist Chris Adigun, M.D. Try one with nongreasy hydrators, such as lactic acid, glycerin, and urea, like **Neutrogena Norwegian Formula Hand Cream** (\$5, drugstores). And don't forget your feet—moisturize right after showering while your skin is still damp.

Treat Cuticles Kindly

The cuticle maintains your nails' moisture, so "it's best to not push or trim them this time of year," Adigun says. If you already have, massage in a cuticle balm or oil several times a day to keep nails hydrated.

Prevent Cracks

When feet are stuck in shoes and boots, skin tends to thicken due to all that friction. The thicker the skin on your heels gets, the more likely it is to crack, says dermatologist Brandith Irwin, M.D. Dissolve dead skin using a foot cream with alpha hydroxy acids like **Bliss Foot Patrol AHA Exfoliating & Softening Cream** (\$18, Sephora).

Heal While You Sleep

The best time to treat cracked hands or feet is overnight, when skin repairs itself and moisture can soak in undisturbed. Before bed, lightly splash hands and feet with lukewarm water; then apply a thick emollient like Aquaphor or Vaseline and put on cotton gloves and socks, says Adigun. If you still have cracks after four nights of this, see a dermatologist, who may prescribe a steroid cream or ointment.



TIP

It may look goofy, but a thick layer of Vaseline on hands and feet, plus cotton socks and gloves, can repair cracks overnight.

