



How to Maintain Healthy Winter Skin

Learn how to keep your skin healthy throughout the winter

Cold, dry winter weather can wreak havoc by causing dry, cracked, flaky and irritated skin. It seems like an ongoing battle to keep skin healthy during the winter months. The dermatologists at Scarsdale Medical Group want to keep your skin looking healthy all winter long. Follow these simple tips to keep skin healthy and fresh:

Use sunscreen. All. The. Time.

Although the sun isn't out as long during the winter, using sunscreen is crucial to protecting your skin. The sun's rays are just as harmful even when the temperature drops. Choose a sunscreen that protects you from UVA and UVB rays.

Avoid long, hot showers

Who doesn't love a 20-minute long, boiling hot shower when the temperature plunges? It sure feels good but long exposure to hot water dries out the skin. A quick five-minute lukewarm shower is best. It also prevents the scalp from becoming too dry.

Moisturize!

This cannot be said enough. In order to avoid dry skin, apply moisturizer right after you shower or bathe or after hand washing. Applying coconut oil or ceramide-containing moisturizing cream to damp skin helps to lock in moisture.

Protect your skin

Put on your hat, gloves and scarf. This will protect you from the harsh, cold winds, rain and snow.

Use a humidifier

Heating systems used in our homes dry out the air and causes our skin to dry up. Consider installing a humidifier to help put the moisture back in the air.

Drink lots of H2O

We all love to have a cup of hot chocolate, tea or coffee to warm us up during a cold winter day. But, our skin needs to be hydrated from the inside out and this means, water, water, water. Try warm water with lemon!

To make an appointment with a Scarsdale Medical Group dermatologist, call (914) 723-7800 or visit www.scarsdalemedical.com/dermatology.

