Winter Skin Care 
MADE EASY!

Keep your complexion looking great all season long with these moisturizer picks and simple tips!

Dr. Fredric Brandt explains...

* Boost hydration
  - Try a moisturizing cleanser that you can wipe off—less contact with water means less dryness, says Dr. Brandt. Choose moisturizers based on your skin type (see our picks). Sleeping with a humidifier is also helpful.

* Be gentle
  - If you exfoliate, do it less often—every 10 days for dry or sensitive skin, up to twice a week for oily skin and once a week for normal/combo skin, says Dr. Brandt. If you use a gel-based retinol or acid treatment, try switching to a more moisturizing lotion or cream version.

* Give trouble spots TLC
  - Swip on a rich balm with petrolatum or shea butter to heal and protect your lips, cheeks and nose. Use just a tiny bit if you have oily or sensitive skin.

For Sensitive Skin:

Go for very mild formulas that contain soothing, redness-reducing ingredients like oatmeal, aloe and chamomile.

**For Dry & Normal Skin**

Look for ingredients like glycerin, hyaluronic acid and ceramides, which nourish and protect skin. Also, a thick night cream is a must.

* Try: CeraVe Facial Moisturizing Lotion AM, $13.99 at drugstores.


**For Oily Skin**

Pick an oil-free, lightweight lotion that hydrates while absorbing excess oil. Be sure to moisturize day and night, even if you skip it in warmer months.

* Try: Dr. Brandt Pores No More Anti-Aging Mattifying Lotion, $60 at dermstore.com.