



WHERE EXPERTS ANSWER READERS' QUESTIONS ON BEAUTY, HEALTH AND WELLNESS.

In this issue, **Martie Gidon MD FRCPC FAAD**, Cosmetic Dermatologist and Director of Gidon Aesthetics & MediSpa (gidonaesthetics.com), discusses Skin Care.

A FAMILY GUIDE TO *Skin Care*

Q My family participates in many outdoor activities in the winter. As we prepare for another extremely cold winter, do you have any suggestions for family skin care? We are also wondering what treatments can be done during the winter.

A Our winters are cold, with low humidity, and most people complain of rough, flaky, itchy skin, as well as chapped lips. These symptoms are all caused by dry skin. If our skin becomes too dry, our natural protective skin barrier breaks down and infection can occur. Some conditions make people more prone to dryness than others. Aging, skin diseases such as atopic dermatitis (eczema), swimming regularly in chlorinated water, and frequent hand-washing can exacerbate dryness.



In winter, creams and ointments are more soothing than lotions.

Moisturize

Itchy winter skin can be alleviated with moisturizers. Creams and ointments are more soothing than lotions and should be applied to damp skin. Oils can be added to the bath water but care should be taken to avoid slipping in the tub.

Look for products with ingredients such as petrolatum or oil, which form a barrier to prevent water loss; glycerin and dimethicone, which draw water to the skin; and urea, lactic acid, glycolic acid, or hyaluronic acid, which help retain moisture in the skin.

Although it is important to use anti-aging products

daily, use restraint. Excessive exfoliation and incorporating too many ingredients into your skin care regimen can lead to irritation and dryness. Alternating ingredients such as retinol, glycolic acid, antioxidants, and peptides can increase your skin's tolerance of these products.

Winter Treatments

Winter is the perfect time to consider treatments involving intense pulsed light, lasers or chemical peels since most of us do not have as much sun exposure during the winter as in the summertime. If you enjoy outdoor winter activities such as skiing, it is very important to use sun protection, especially after any of these treatments.

Tips to Prevent Dry Skin

- Bathe daily to add moisture to the skin and use warm, not hot, water in the shower with a moisturizing, fragrance-free cleanser.
- Use moisturizers daily and apply to damp skin after exfoliating for better penetration.
- Turn on a humidifier.
- Wear soft cotton clothing against your skin and use a mild laundry detergent without fabric softeners.
- Shave with a sharp blade after showering to lessen irritation.
- Rinse off chlorine after swimming.
- Frequently use a lip balm that contains petrolatum.
- Use a rich hand cream and wear protective gloves outside, and with housework.
- Use antioxidants and sunscreen with SPF 30+ daily.

If you still have concerns about your dry skin after following these suggestions, please consult a dermatologist who can assess your skin and treat you accordingly. ■

Do you have a question or concern for one of our beauty, fashion and wellness specialists?

Email jayne@homesmag.com and we will do our best to provide an answer for you.