



How to care for dry skin during winter months: pro tips from Dr. Brooke Jackson

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When I moved to Chicago I knew I'd need to invest in heavier boots and gloves but I didn't expect to need a new moisturizer, facial cleanser and body lotion.

In the winter, cold dry air can leave you - and your skin - feeling chapped and dehydrated. Luckily, you don't have to spend hundreds of dollars on creams, lotions and potions to keep your skin glowing until temperatures climb upward.

Dr. Brooke Jackson, MD, director of the [Skin Wellness Center of Chicago](#) treats patients seeking a variety of cosmetic and medical skin care solutions. As a board-certified dermatologist, Jackson's expertise includes the prevention and treatment of skin cancer and other conditions.

"Everyone should have two [skin care] routines," Jackson said. "When you go looking for your winter coat, you need to choose products that are heavier in texture, products that you have to scoop out of a jar rather than those that are water-based."

No matter what the season, you don't need to spend a lot of money on your skin care routine. Keep your hands and face covered as much as possible - they're exposed to the elements most frequently.

"Wash your face with something creamy and moisturizing," Jackson said. "And then make sure you use a moisturizer with sunscreen. It's a great way for women in their twenties to begin the anti-aging process and protect skin from UV rays that penetrate the clouds - even on gray days."

To protect your skin from the winter elements, Jackson suggests taking shorter showers.

"If you see steam on the bathroom mirror, your shower is too hot," she said. "Dropping showers to 5-10 minutes will help prevent your skin from drying out."

In addition to offering medical procedures and skin care solutions, the Skin Wellness Center has a [medical spa](#) where patients can receive facials, chemical peels and other cosmetic body treatments. Why should people visit a medical spa as opposed to a traditional one?

"If you see a dermatologist first for a referral to a medical spa, your provider can recommend a beauty or skin care treatment based on your medical history and what's best for your skin," Jackson said. "if something doesn't work right, there will be less trial and error."

For more tips on some of Dr. Jackson's favorite products, watch her [segment on CBS 2 News](#) about winter skin care or visit the [Skin Wellness Center](#) website for additional information.