

LADIES' Home Journal

DECEMBER 2010/JANUARY 2011

LHJ.com

The Way
To Beat
Belly Fat

Stash More
Cash For
Retirement

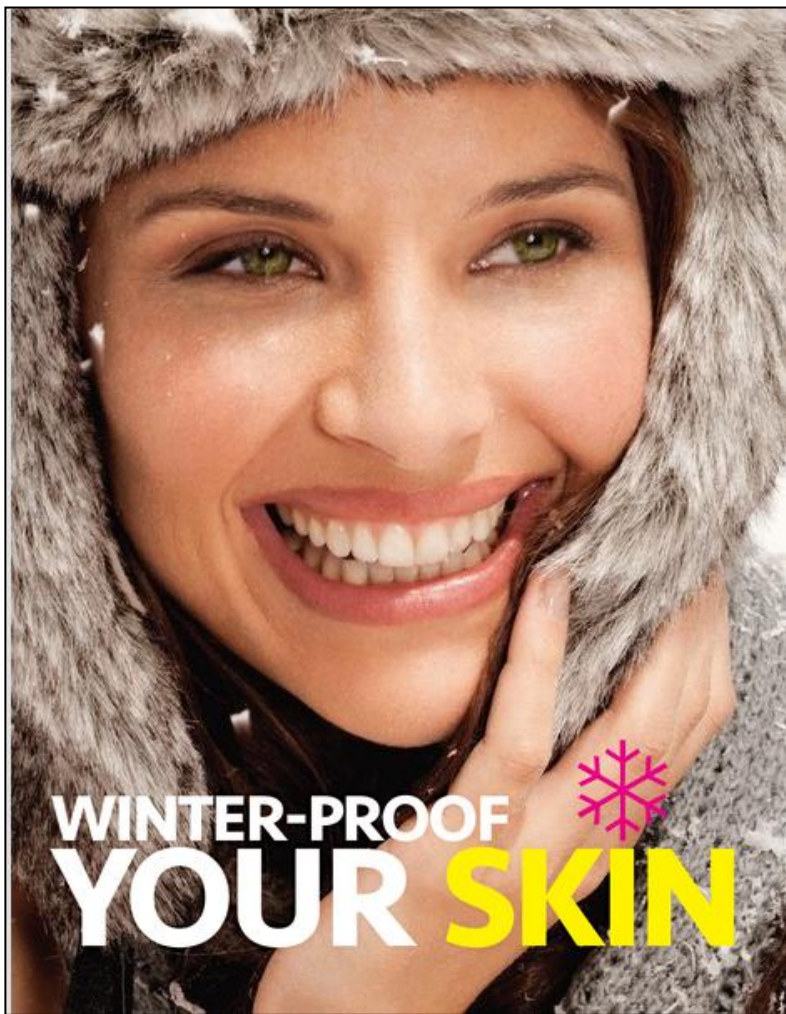
84 Ideas For
Your Happiest
Holiday Ever

WINTER SKIN
BEAUTY PLAN

Nora Ephron
On The Ex Factor

Sela Ward
Puts Family And
Faith First





WINTER-PROOF YOUR SKIN



WINTER WOE ROUGH, CRACKED FEET

Quick fix Follow the tried-and-true bedtime remedy that derms (and grandmas) swear by: Slather your feet with Vaseline and cover with cotton socks. **TRY** Vaseline 100% Pure Petroleum Jelly, \$3 (1)

Seasonal solution If you don't hydrate and exfoliate regularly, calluses can quickly build up. Apply a foot cream every night so your heels don't crack. Once a week give yourself an exfoliating pedicure, says Dr. Van Dyke. First, soak your feet to soften the skin and then gently buff with a file. Dry your feet and rub with a cream that contains ingredients like glycolic acid and urea, which remove rough skin. **TRY** Caudalie Foot Beauty Cream, \$20 (2); Eucerin Plus Intensive Repair Foot Creme, \$6 (3)

WINTER WOE DRY, SCALY ARMS AND LEGS

Quick fix The skin that covers your body has fewer oil glands than the skin on your face, so you need a super-rich moisturizer to stay smooth and soft. A thick formula that contains ingredients like glycerin, petrolatum, shea butter or ceramides will trap and lock in hydration, especially if you slather it on right after your shower while your skin is slightly damp. **TRY** Burt's Bees Naturally Nourishing Milk & Honey Body Lotion, \$8 (1); Curél Sensitive Skin Remedy Lotion, \$8 (2); Olay Ultra Moisture Body Lotion, \$10 (3)

Seasonal solution Once or twice a week exfoliate with a glycolic body wash or one with smooth, rounded beads. These will slough off clingy, dead cells that tend to pile up on dehydrated skin. Also, cut down to a 10- or even five-minute warm shower. "Long superhot showers feel great on a cold day, but they sap your skin's natural oils," says Dr. Jackson. **TRY** Dove Gentle Exfoliating Nourishing Body Wash, \$4.50 (4)



WINTER WOE TIGHT, FLAKY COMPLEXION

Quick fix Overcleansing dries out your skin, so be sure to choose a mild formula.

"You need to preserve your skin's protective oils in the winter, not wash them away," says Susan Van Dyke, M.D., a dermatologist in Paradise Valley, Arizona.

TRY The Body Shop Natrulift Softening Cream Cleanser, \$14 (1)

Seasonal solution

"If it's time to get out your winter coat, it's time to switch to heavier, more

protective skin-care products," says Brooke Jackson, M.D., dermatologist and founder of the Skin Wellness Center of Chicago. After cleansing in the morning, apply a moisturizing serum with hyaluronic acid (a potent hydrator) and use a face and eye cream. It's important to make sure both contain UV protection. Before bed, rub in a layer of rich night cream. **TRY** L'Oréal Paris Youth Code Day/Night Cream, \$25 (2); Vichy Aqualia Thermal Serum, \$30 (3); Elizabeth Arden Ceramide Plump Perfect Ultra Lift and Firm Eye Cream SPF 15, \$50 (4); Lumene Rejuvenating Day Cream SPF 15, \$30 (5); Garnier Moisture Rescue Lightweight UV-Lotion, \$8 (6)

Is your skin feeling rough, dry or irritated? Dermatologists give their best advice on making the new moisturizers work for you.



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WINTER WOE DRY HANDS AND CUTICLES

Quick fix Water and hand soap—especially the cheap kind found in public rest rooms—are a moisture-robbing combo. Keep a small tube of thick hand cream or a portable balm in your purse and apply it every single time you wash your hands.

TRY St. Ives Intensive Healing Hand Cream, \$4 (1); L'Occitane The Shea Orchard Shea Butter, \$15 (2)

Seasonal solution Your skin will hang on to more moisture if you always slip on gloves before you go outside. Also, buy a hydrating hand soap or even a fragrance-free, mild face wash for home.

TRY EcoTools Lather, Rinse, Recycle Hand Wash, \$6 (3)



BY ERICA METZGER
PHOTOGRAPHS BY FERNANDO MILANI

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