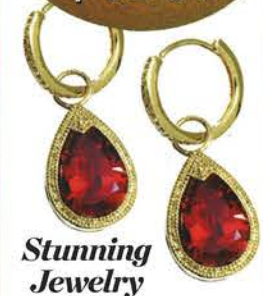


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BEAUTY

Expert tips!

Winter Skin Care MADE EASY!

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

—Dermatologist Dr. Fredric Brandt explains



You can still have gorgeous skin like Kate Bosworth's when it's cold out!

*** 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** Swipe 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.

DAY OR NIGHT

• Try! MyBody Safety Blanket lotion, \$60; lovemybody.com



• Try! Burt's Bees Sensitive Night Cream, \$14.99; burtsbees.com

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

• Try! B. Kamins Maple Night Cream, \$110; bkamins.com

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; drbrandtskincare.com

• Try! Boots No7 Rebalancing Night Fluid, \$12.99; shopbootsusa.com