



Protect your skin this winter with these products

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Beauty experts weigh in on what you need to keep your skin in top shape.

You should be glowing from inside out this time of the year.

Thanks to chilly winds and frosty, dry air, though, your face, lips and hands don't show any signs of the holiday joy that fills up your soul. You suddenly realize that your summer skin care routine just won't cut it anymore.

"In the winter, you want to go thicker and heavier in all areas," explains board-certified dermatologist, Dr. Marnie Nussbaum.

For instance, switch your lotion to a cream, or upgrade to an ointment, which has an even thicker consistency, Nussbaum recommends. Also make sure to scan the labels for ingredients like ceramide and hyaluronic acid, the doctor added. "Those hydrate and can help decrease wrinkles, fine lines and prevent dullness."

An exfoliant mask once a week is OK, Nussbaum says, as long as you steer clear of microbead exfoliants.

"When most people think of an exfoliant, they think of a scrub, but in the winter it's very harsh to use on dry skin," explains Dr. Michelle Yagoda, a plastic surgeon in New York. She suggests opting for less irritating products that have glycolic acid or retinol as a base.

Also, consider replacing your summer sunscreen for one that doubles as a makeup base, Nussbaum suggests, such as a tinted moisturizer with SPF 40.

One area that might be better off without sunscreen? Your lips. "It tends to be drying," Yagoda points out. "In the summer, people tend to use lip balm with sunscreen, but in the winter, unless you're outside skiing or ice skating, removing the sunscreen from the lip balm can be a good idea."

Sifting through the myriad winter skin care options can make your head spin. So we asked industry experts to name their favorites. Their picks will protect you from head to toe.

For your face

Energie de Vie cleansing oil by Lancome, \$42 at www.sephora.com

"This is a game-changer. The texture emulsifies your makeup and moisturizes the skin," explained Alex Sanchez, Lancome national makeup artist.

Sebium mat control from Bioderma, \$19.90 at www.beautylish.com

"Really good for people with combination skin. It's a complete product: hydrating, mattifying and smoothing," said Bioderma product manager, Francois Compagnion. "And the best part? The texture is so light that it could replace your makeup primer."

Rescue Skin serum concentrate and ultra moisturizer, \$160 for 30 single-serve packs of serum and 30 single-serve packs of moisturizer at www.rescueskin.com

"The serum and moisturizer duo are packed with biocompatible stem cell technology that adjusts to your skin's specific needs," Kai Hansen, founder of Rescue Skin, detailed. According to the brand's website, the products reduce or remove fine lines and decrease puffiness and dark circles.

Peat Miracle Revital Eye Cream from Belif, \$58 at www.sephora.com

"The velvety-textured eye cream contains Finland's herbal peat water, which is extremely rich in mineral and organic acids — such as humic and fulvic acids," explained Sephora pro makeup artist Jeffrey English. "It promotes skin elasticity and works to deeply hydrate skin."

Hydrabio Gel Cream from Bioderma, \$24.90 at www.beautylish.com

"We launched it a month ago, and it basically teaches the skin to rehydrate and heal itself through cell limitism; a combination of biology and dermatology," said Compagnion.

Goop Replenish night cream by Juice Beauty, \$140 at shop.goop.com

"I love face oil, but this time of year, I want a thick, rich, wildly luxe moisturizer. This one sinks right in, but you can really feel it softening and deeply hydrating your skin, and it plumps and smooths and leaves you glowy," said Jean Godfrey-June, beauty director at Goop.

For your lips

Juicy Shaker pigment infused bi-phased lip oil by Lancome, \$21 at Macy's nationwide

"This gives the color and shine of a lip gloss with the moisture and nourishment of an essential oil," said Sanchez. "The flavors are absolutely addictive. My favorite shade is That's My Jam — a gorgeous brick-red color with a strawberry flavor."

Brazilian Kiss Cupuacu Lip Butter from Sol de Janeiro, \$18 at www.soldejaneiro.com

"It's infused with nourishing cupuacu, acai and coconut oil," according to English. "It leaves soft lips, with a dewy sheen that intensifies your natural lip color."

For your hands

Sephora Collection Hand Mask, \$6 at www.sephora.com

"This is the perfect pick-me-up for dry winter skin, especially the aloe vera one," English said. "After 15 minutes, you remove the mask and massage the excess product into your skin."

Dry skin saver by Kate Somerville, \$48 at Nordstrom nationwide

"Swap out lighter moisturizers for more powerful hydrating products," suggested English. "This one absorbs quickly and instantly relieves the sensation of dryness and roughness."

For your whole body

Atoderm Shower Oil from Bioderma, \$9.90 - \$19.90 at www.beautylish.com

"You use it in the shower and feel hydrated throughout the whole day. Studies prove that your skin gets about 40 percent more moisturized after one month of use," Compagnion said.

Botanical body cream by Sangre de Fruta, \$23.92 at www.sangredefruta.com

Godfrey-June said he's "newly obsessed" with this cream. "I've never felt something so delicate that also moisturizes so intensely. I love the Vetiver and Fleur scent, but there are other great ones, like Lavender by the Sea is beautiful, subtle perfection."