

Reader's digest

10 Genius Solutions for All of Your Winter Skin-Care Problems

If cracked heels, flaky scalp, and other winter skin problems are bothering you, don't worry—top doctors and experts are spilling their most genius top-secret skin solutions.

By: Bryce Gruber

Get your hands on some goat butter



images72/Shutterstock

What on Earth is goat butter, you ask? "All it is is real goat butter with jojoba and urea," says Dr. Michelle Yagoda, creator of [BeautyScoop](#). That's right—goat milk is processed to make butter, and jojoba oil and urea are added. Urea has a mild exfoliating effect on skin, while the goat butter's natural fat and protein content lock in moisture. Slather it on after a shower and avoid these wintertime shower mistakes that could dry out your skin.

Try this crazy trick for cracked heels



TRAIMAK/Shutterstock

Forget the foot scrubs if you're prone to cracked heels, especially in the winter, Purvisha Patel, MD, a board-certified dermatologist and founder of Visha Skincare, says super glue can be applied to relatively minor heel cracks to keep skin together. It's not a long-term solution, but it will allow your dry, cracked skin enough time to heal while you slather on the ointments and cotton socks to keep the problem at bay. Find out what dermatologists do in the winter that you don't.

Kick fungus to the curb with this winter favorite



AppleZoomZoom/Shutterstock

You probably already have a tub of Vick's VapoRub at home, which is good news, because that old favorite is actually just what the doctor ordered to keep gross foot fungus issues away, too. "I use Vick's on fungus and toenails," explains Dr. Patel. "It helps clear your toes before sandal season, and all you have to do is put it on every night during the winter." The product's main ingredients, menthol, camphor, and eucalyptus oil, all have anti-fungal properties.

Stock up on lip balm for this unexpected reason



images72/Shutterstock

Lip balm isn't just for lips. "Apply lip balm directly to fingertips," says Anca Tchelebi, MD, of Park Avenue Medical Spa of her favorite genius solution for avoiding chapped, cracked, and sore fingers in dry, winter air. Here are some more tips for healthy and soft winter hands you should know.

Swap out your pre-makeup primer



chombosan/Shutterstock

There's a reason fancy primers are some of the beauty products you shouldn't waste money on, because Hadley King, MD, a New York City dermatologist, says there is a much less expensive option in a different drugstore aisle. "Vagisil makes a great face primer, because of the dimethicone," she says. "And it's moisturizing."

Make a DIY parsley mask



tRufelka Elena/Shutterstock

"One of my favorite at home DIY facials is my parsley mask because it can help reduce redness and deliver hydration," explains celebrity facialist, Ildi Pekar. "Parsley also contains an impressive amount of vitamin K, which will help promote a plump and healthy glow." She recommends a throwing a handful of chopped, fresh parsley into a mixing bowl with two tablespoons of organic, raw unfiltered apple cider vinegar and three tablespoons full of organic plain yogurt. Apply to your face, let it dry, and then wash off and moisturize. Voila—the best winter face mask you could ever dream of whipping up in your kitchen. Don't miss more tips for fighting dry skin.

Ditch the coffee



monte_foto/Shutterstock

We know, we know—cutting out your morning cup of joe sounds like the absolute opposite of what your soul needs when it's cold out, but caffeine actually has a dehydrating effect. These surprising everyday habits may be causing your dry skin.

Fight winter acne the gently way



Jiri Hera/Shutterstock

"A favorite of mine is 100 percent raw honey," says Pekar. "It is especially beneficial for healing and maintaining healthy skin of all types, which is why I incorporate it into all of my products. It has amazing soothing effects that hydrate the skin leaving you with a soft and radiant glow. It is also packed with antioxidants to help slow the aging process and plump up your skin leaving you with a youthful appearance." Better yet, it's antibacterial and antimicrobial, which means it has the potential to kill sources of fungal acne or other infection-causing microbes.

Scrub your lipstick fears away



Y Photo Studio/Shutterstock

If you're a fan of bold kissers but afraid to wear red lipstick in the winter because of how chapped and uneven your lip skin is, try exfoliating your lips each night as before hitting the hay. Lip beauty expert Sara Happ suggests using one of her signature lip scrubs, but if you're in a pinch, you can gently massage your pout with a warm, damp washcloth. Find out the other mistakes you may be making on the reg that could cause your lips to dry out.

Temporarily rid yourself of scalp flakes



Alena P/Shutterstock

Adding a spoonful of sugar to your shampoo won't keep recurring dandruff or scalp psoriasis problems from coming back long term, but it's great for the person suffering from the occasional climate-induced dry scalp. "You'll exfoliate away dead skin and allow the conditioner to nourish the scalp more effectively," says Francesca Fusco, MD, a dermatologist based in New York City.

Here are some other ways to get rid of dandruff naturally.