

4 FACE QUENCHERS FOR PARCHED WINTER SKIN

Posted by Charu Suri 01.02.15



When winter comes, hydration goes. Cold, dry weather coupled with indoor heating zaps the moisture from your skin and that tight feeling can't be far behind.

According to [Washington DC dermatologist Rebecca Kazin](#), “Dry skin need an infusion of hydrating agents to restore the moisture barrier and keep water in the outermost layer of skin. Moisturizers contain some combination of humectants, emollients and other ingredients. For tight, dry cold weather skin, choose a heavier, oil-based moisturizer. Petrolatum-based products are also effective because they help prevent water from evaporating from your skin.”

Here are four terrific ways to recharge the moisture in your skin:



sephora.com

[GLAMGOW THIRSTYMUD Hydrating Treatment \(\\$69\)](#)

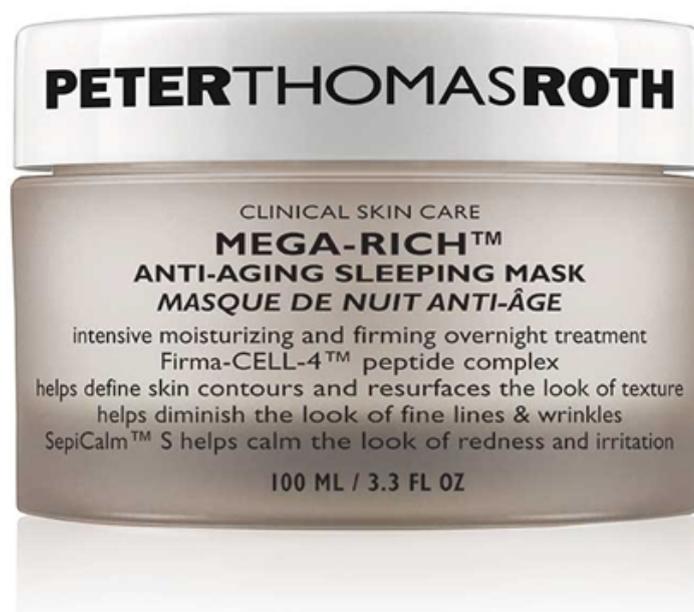
There is a reason that **Estee Lauder** just recently purchased **GlamGlow** – because this cult brand really works. The ThirstyMud Hydrating Treatment moisturizes, restores, and calms dry skin by locking in moisture. Use it at bedtime to wake with a more dewy, younger looking complexion. It's also great for guys after shaving.



proactiv.com

Proactiv+ Complexion Perfecting Hydrator (\$29.95 for 3 step system)

The newest variation on best selling acne solution Proactiv is the Proactiv + range. One of the hero products of this updated range is the Complexion Perfecting hydrator that helps keep acne-prone skin soft and supple without drying it out. **San Francisco Dermatologist Katie Rodan**, Proactiv co-founder, says: “For my patients battling the winter skin blues, I tell them to plug in the humidifier and slather on a moisturizer with barrier healing ingredients like allantoin, green tea, and hyaluronic acid. Treating dry skin is an ‘outside job.’ Attempting to hydrate from within by drinking glass after glass of water won’t perk up your skin as it would a dehydrated plant.”



sephora.com

Peter Thomas Roth Mega-Rich [Anti-Aging Sleeping Mask](#) (\$68)

This is like silk lingerie for your face; the sleeping mask contains a Firma-CELL-4™ peptide complex that helps your skin defy gravity, while also replenishing skin's moisture and reducing the tell-tale anti aging marks like wrinkles. The star power in this light mask (even though it's billed as "mega-rich" it's milky and light, the consistency of thinned yogurt) goes to the moisture factor, thanks to ingredients like sweet almond oil and aloe.



Ahava.com

[AHAVA Hydration Cream Mask](#) (\$30)

Although biologically speaking, nothing can survive the Dead Sea, AHAVA always manages to bring back some pretty nutritious beauty finds. This hydrating cream mask is powered by the brand's Osmoter, and full of Dead Sea mud, Shea Butter and Aloe Vera as well as Vitamin E. It's a delicious burst of moisture for very parched skin.