



3 Dermatologists Tell Us Their Top Fixes For Dry Skin, Chapped Lips & Damaged Hair

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Everyone has their own little beauty hacks; but yes, these are just tricks that may work for them and not you. Given that the chemical make-up of our skins is very different, we fare better with some products than others. In this little gamble, why take a cue from your friends and neighbors when you can get your hands on products recommended and used by experts?

That's exactly what we're getting at. We asked leading dermatologists to share the names of products they use to combat dry skin, especially during the winters; ones they've had success with, of course. Well, let's find out if what they have on their dresser is on yours, too.

Doctors' Orders

- Dr Rebecca Kazin, the FAAD of the Washington Institute of Dermatologic Laser Surgery, is guilty of borrowing products from her daughter's vanity kit. She says, "My favorite product for chapped lips and hands is Aquaphor. I slather them in it after every bath or shower in the winter months. It's inexpensive and it works." Creams for cracked lips are dense, which is apt during these months. Your skin needs a slightly heavy moisturizer in order to fight the drying and dehydrating air, too. When she does her hair,

she never skips the spray that protects her tresses from styling tools with heat. “I like Aquage Beyond Body Thermal Spray because it has ceramic-infused polymers and fortifying proteins to seal the hair’s outer layer.”



- Licensed aesthetician and professional skincare expert, Stacey Grondahl brightens and hydrates her skin with a homemade toner. She reveals her concoction, “After slicing and dicing for that holiday citrus punch, save the lemon and orange peels while adding some muddled mint and witch hazel to create a skin brightening-hydrating toner.” The citrus acts as an antibacterial and lightens scars and blemishes. The essential oils have a moisturizing and glowing effect. Put together, they make for the perfect winter toner.
- Dr David E Bank, author of *Beautiful Skin: Every Woman’s Guide to Looking Her Best at Any Age* says that surprisingly, water can be the main reason for dry, itchy skin. Excessive washing leads to an imbalance in PH levels as the H₂O strips the natural oils from the skin. “Try to avoid over-drying or irritating the skin. It’s all about maintaining the proper amount of hydration to ensure that dryness does not lead to cracking.” Opt for skin oils on cotton swabs to cleanse your skin instead.

On an end note, be sure to exfoliate the dead skin cell film if you have unusually dry skin. “Our skin becomes drier and flaky when switching from the cold temperatures outside to the warmer temperatures inside at your home or office. To combat the effects of these sudden temperature changes, you should use a moisturizer every day, and a scrub to exfoliate three times a week,” concludes David.