

2 SOOTHE CRACKED LIPS

We've all learned the hard way that licking your lips won't add moisture – saliva has enzymes that actually cause further cracks. Instead, recruit essential oils to prevent your pout from peeling. "Grape seed oil and apricot oil are both very nourishing," says Regine. Sweet almond oil and coconut oil work well, too. Skip waxy lip balms that drag on your lips – they coat rather than treat dryness. "Look for ingredients like shea butter and squalene, a type of fatty acid that's similar to what's found in your skin," says Dr. Wu. Glycerin works wonders, too; it helps hold moisture in your lips to keep them hydrated without greasiness. Steer clear of ingredients like camphor, menthol, and salicylic acid that can irritate and dry out lips," Dr. Wu advises. "They make your lips tingle, which some people like, but the tingling is a sign of irritation and can end up giving you a rash and worse, chapped lips."



Hourglass No. 28 Lip Treatment Oil, \$49, Sephora



Bite Beauty Agave Lip Mask, \$30, Sephora, sephora.ca



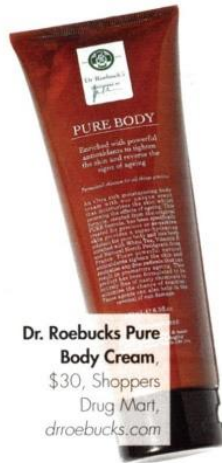
Kiehl's Lip Balm #1, \$10, kiehls.ca



Lush Lip Service, \$8, lush.ca

4 REDUCE ITCHINESS

Excessive dryness is the biggest reason skin gets itchy in the winter. Cold, windy weather outside, dry indoor heat inside, long, hot showers and baths all zap moisture, leaving skin itchy. Keeping your skin moisturized is the best defence. Apply a rich body cream or oil right after your shower or bath (and don't turn bathing into an hour-long ritual). Got an itch that won't quit? "Oatmeal baths, which contain anti-inflammatory oat proteins, can soothe itchy skin," says Dr. Wu. "Red, itchy rashes may require cortisone creams or prescription-strength anti-itch creams."



Dr. Roebucks Pure Body Cream, \$30, Shoppers Drug Mart, droebucks.com



Avene XeraCalm XD Lipid Replenishing Cream, \$27, drugstores and mass-market retailers, eauthermale-avene.com



Korres Basil Lemon Body Butter, \$33, korres.ca



Lipikar Baume AP+ Cream, \$33, drugstores and mass-market retailers, laroche-posay.ca

3 SOFTEN HANDS

Warding off germs can seem like a full-time job in winter, which is where hand sanitizer is an unexpected ally. "Studies have shown [it] is actually less drying than washing your hands," says Dr. Wu, but she adds a caveat. "Hand sanitizer needs to contain 60 to 95 per cent alcohol to be effective; those with 40 per cent alcohol aren't good enough." Providing a physical barrier is important, too, so bring on the hand cream. "Keep a travel size tube next to your sink, in your bag and at your desk. Rub into your hands and cuticles after washing your hands," says Dr. Wu. At night, layer on a healthy dose before bedtime. Braving the elements? Cover up with gloves – exposure to wind and frigid temperatures can cause skin to flake or crack.



Josie Maran Whipped Argan Oil Intensive Hand Cream, \$27, Sephora



L'Occitane Arlésienne velvet hand cream, \$12, loccitane.com



Aveeno Eczema Therapy Hand Cream, \$8, drugstores and mass-market retailers, aveeno.ca



Aveda Hand Relief Night Renewal Serum, \$43, aveda.ca

5 CALM REDNESS

Redness is a sign of inflammation. When choosing skin-care products, "look for anti-inflammatory ingredients like calendula and chamomile," says Dr. Wu. Grape water is also soothing and desensitizing. "I like to spray grape seed oil in to the bath water before I get in as an added way to calm skin," says Regine. When skin is red and inflamed, it craves rich, balm-like textures that add a physical barrier on the skin to protect it from the elements. If your skin is dry, look for a richer cream formula; if it's oily, opt for a lighter lotion or serum formula.



Biologique Recherche Serum Erythros, \$136, beautynext.com



Dermalogica Redness Relief Primer SPF 20, \$62, dermalogica.ca

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Jurlique Calendula Redness Rescue Soothing Moisturizing Cream, \$53, jurlique.ca



La Mer Intensive Replenishing Mask, \$180, Holt Renfrew, cremedelamer.com



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