

# Mind, Body + Spirit fitness

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## Stay Soft All Over

Try these smooth moves to nourish the skin below your chin.

- **Buff before bathing.** To soothe roughness in winter, apply a creamy scrub to dry, not wet, skin before showering, King says. (A good one: Vickery & Clarke Ginger & Clementine Body Scrub, \$8.95, cvs.com.) Or use

## • Conserve water.

Hot H<sub>2</sub>O ranks high on the moisture-stripping scale, but a long shower is worse. "Pruny skin signals that your natural levels of oil have been washed away," says David Bank, M.D., a dermatologist in Mount Kisco, New York. His suggested time: ten minutes, tops. (It's a greener choice too.)

a teaspoon of body oil (try Palmer's Skin Therapy Oil, \$10.99, drugstores)

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If your skin is **Dry**

**COMPLEXION PROTECTION**  
Cut back on cleansing. Face wash is designed to remove debris, but it can take away a bit of moisture in the process. "In winter, limit washes to once a day," says Judith Hellman, M.D., a New York City dermatologist. The best time: "Do it at night, when you need to remove dirt and makeup," Dr. Hellman says.

**Soften in two steps.** Apply an SPF moisturizer all over; UV rays are drying. Then add a richer formula to cheeks, says Heidi Waldorf, M.D., director of laser and cosmetic dermatology at Mount Sinai Medical Center in New York City. (Use a gel? Try a lotion. Use a lotion? Try a cream.)

## COMPLEXION PROTECTION

**Unplug pores.** Lather up daily with a one-step exfoliating cleanser containing salicylic acid, which dissolves dead skin cells and oil. "Grainy scrubs can be too irritating if used with a heavy hand each day," Dr. Bank says. Those formulated for normal, not oily, skin are made with gentler ingredients.

labels for phrases such as "fragrance free," and check the ingredient lists to be sure "fragrance" isn't there. (Hint: It's usually at the end.)

out excess sebum," King says. The secret to staying clear: a superlight, noncomedogenic cream. It keeps skin supple but won't clog pores.

**Say A-HA!** Fine lines and deeper creases are more noticeable in the winter, when skin isn't as hydrated and plump. To minimize their appearance, apply a lotion formulated with alpha hydroxy acids. "AHAs fade wrinkles and act as humectants, drawing water molecules from deep in the skin to the surface," Dr. Bank explains.

**Antiage, gently.** Look for skin-care products that pack a double punch. They should be formulated with peptides—amino acids that repair skin damage and stimulate the natural production of collagen—as well as antioxidants to fade freckles and spots, Dr. Bank says. The most effective, according to the doc: coffeeberry, idebenone and kinetin.

**Do double duty.** Dealing with pimples and wrinkles is a drag. But both are treatable with one ingredient: retinol, a derivative of vitamin A. "It stimulates collagen growth, reverses sun damage and keeps pores clear," Dr. Bank says. When applying, skip the area around your nostrils; ingredients can accumulate in the crevices there, causing flaking.



**YOUR SKIN-CARE SOUL MATES**  
Luxurance Evening Restorative Complex, \$30, estelancer.com, is made with the gentlest AHAs. Clarim HydraQuench Cream SPF 15, \$49, clarim.com, is a soothing SPF for dry skin. Bxer 4-in-1 Self-Foaming Cleanser, \$6.99, drugstores, erases makeup, dirt and oil.



**YOUR SKIN-CARE SOUL MATES**  
Cetaphil Gentle Skin Cleanser, \$5, drugstores, cleanses and softens with a low splash. Kinerase CR Peptide Intense Treatment, \$10, kinerases.com, has peptides and kinetin. Clinique Comfort on Call Allergy Tested Pelel Cream, \$39.50, clinique.com, is perfume-free.



**YOUR SKIN-CARE SOUL MATES**  
RoC Retinol Correxion Deep Wrinkle Serum, \$19.99, drugstores, clears and smooths. Neutrogena Skin ID Foaming Cleanser, \$3.99, drugstores, cleanses off dead skin. Neutrogena Anti-Imperfection Hydrating Cream, \$21, vk2tya.com, balances your complexion.