



# Doctors' cures for winter skin woes

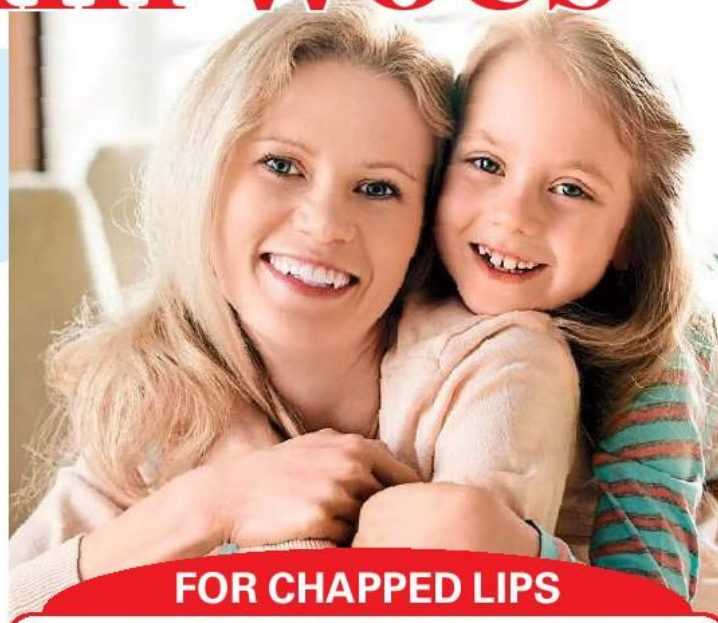
Months of cold, harsh weather has left your child's delicate skin dry, itchy and winter-worn. So we asked three doctors for the natural remedies they use to heal their own kids' seasonal skin problems

## FOR DRY, ITCHY SKIN

### Vitamin E

"My daughter tends to get itchy skin in the winter, especially when the dry heat is pumping throughout our apartment," says father-of-two Gary Goldenberg, M.D., an assistant professor of dermatology and pathology at the Mount Sinai Medical Center in New York City. "I always like to try over-the-counter or natural treatments first, and one of my favorites is vitamin E oil. It moisturizes and repairs the skin. Plus, it's an antioxidant, which reduces skin cells' oxidative stress."

Dr. Goldenberg applies a liberal amount of vitamin E oil to his daughter's skin two to three times a day. "She's a bit greasy afterward, but if she waits a couple minutes before putting clothing on, it absorbs fairly quickly," he explains. While Dr. Goldenberg often turns to Burt's Bees Lemon & Vitamin E Bath & Body Oil (\$8, [BurtsBees.com](http://BurtsBees.com)), he notes, "Any trusted brand with organic E would work well."



## FOR CHAPPED LIPS

### This soothing ointment

"When my daughter's lips become dry in the winter, I reach for Lansinoh, a lanolin-based product that's used to protect nipples during nursing," says Ritu Saini, M.D., a dermatologist in New York City and a mother of one. "I used it while breast-feeding, and I thought since it was safe for an infant to ingest, it must be okay to put on lips." She applies the ointment to her daughter's lips twice a day. "It forms an oily layer on the top of the skin that traps water in the skin—and it works great." Bonus: Many moms swear by this healing ointment for dry, cracked hands too.

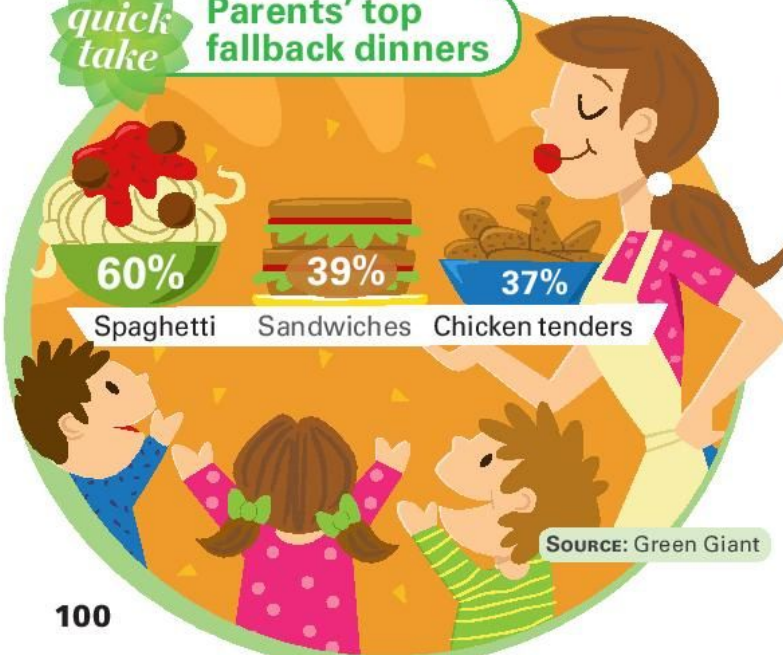
## FOR WINDBURN

### Aloe vera

"When my boys were small and I took them out on cold, windy days, they'd sometimes get windburn on their cheeks, so I turned to aloe," recalls mother-of-three Rallie McAllister, M.D., coauthor of *The Mommy MD Guide to Your Baby's First Year*. "It's very soothing and helps take away the pain almost immediately because the sap has anti-inflammatory properties." Simply break off a leaf of the plant and apply the sap to the skin, or rub on pure aloe like Lily of the Desert Aloe Vera Gelly (\$7 for 12 oz., [iHerb.com](http://iHerb.com)). It eased the pain quickly, says Dr. McAllister, adding, "I have no doubt the aloe helped my children's skin heal more quickly than it would have otherwise." Bonus: Aloe also eases the pain of winter-prone cold sores. ❁

quick take

## Parents' top fallback dinners



SOURCE: Green Giant