

## MEN'S HEALTH 10 COLD WEATHER FIXES

By Kiera Aaron



Enjoying the beautiful fall breeze? Don't get too comfortable—it's time to prep your skin and hair for the impending winter weather. "Cold weather reduces skin temperature," says Adnan Nasir, M.D., and *Men's Health* dermatology advisor. "This means it produces less oil in the winter, causing it to dry out." Coupled with the dry air and whipping wind, your skin can become more dehydrated than your mouth after happy hour—but not with the right products. That's why we've selected the top ten cold weather fixes that'll save your skin and hair from becoming dried-out disasters.

**Moisturizing Soap:** Now, about your body. "Real soap works by stripping your skin of its natural oils," explains **Gary Goldenberg, M.D.**, and medical director of dermatology at the Mount Sinai School of Medicine. "Use a moisturizing wash instead." Try the Dove Men + Care Deep Clean Body Wash, which features specially designed MICROMOISUTRE technology.

**Cuticle Trimmers:** "Hangnails are a result of dry skin," says **Dr. Goldenberg**. "So they're more common in the winter." Pick up these Tweezerman cuticle trimmers and you won't be tempted to yank it off yourself (which leads to red, raw fingers). Be sure to cut the hangnail at the base and apply moisturizer immediately after.

**Moisturizer:** If the air is dry, your skin is dry—and the wind whipping against your face certainly doesn't help. Now, you can moisturize without rubbing carcinogens all over your face. Try this Bull Dog moisturizer, which swaps potentially harmful ingredients—like parabens and phalates—with all natural alternatives.

**Anti-Aging Moisturize:** Dermalogica's Intensive Moisture Balance moisturizer is another great option. Not only is it fragrance-free and lightweight, it also helps erase some of those birthdays.

**Face Wash:** Skin still dry? Since the cold weather already strips your skin of essential oils, you'll need to swap your face wash for one with moisturizer. (And stop using hand-soap on your face!) This Neutrogena Invigorating Face Wash is specially designed to clean your pores without drying out your skin.

**Body Lotion:** Lotion isn't just for your face. Make sure to replenish the moisture lost in the shower with a lightweight body lotion. We like the Nivea Express Hydration lotion because it absorbs quickly, leaving your skin soft, not sticky.

Apply it immediately after you dry off and it will immediately quench your parched skin.

Lip Balm: “Wind accelerates evaporation, which can result in chapped lips,” says Dr. Nasir. “Look for a lip balm with sunscreen.” Try this one from Every Man Jack (SPF 15), which is also fragrance-free.

Hydrating Shaving Cream: Most guys think to moisturize after shaving, when the damage is already done. The aloe-rich Gillette Fusion Hydra Gel not only protects your skin from nicks, the aloe and cocoa butter will keep your skin soft and smooth through the worst of winter. Not to mention, it’s free of fragrances and dyes.

Hand Cream: Pay special attention to your hands. They’re an area women notice when you’re out to dinner—or getting romantic after dessert. “Frequent hand washing and exposure to the elements makes your hands more susceptible to dryness,” says Dr. Nasir. “They also produce less oil per hour.” Try this hand cream by Malin + Goetz, which has both shea butter and vitamin b5, providing maximum moisture. Not just that, the sodium pca and glycerin hydrate the hands, while honey and almond extract ease any pain caused by cracks and dryness. Even better: It’s pocket-sized so you never need to go without it.

Anti-Dandruff Conditioner: Flakes are only charming when they’re falling outside. Eliminate dandruff with the Head & Shoulders Smooth & Silky shampoo and conditioner—because you shouldn’t need to choose between soft hair and dandruff-free hair.