

# 5 Ways Your Skin Changes in Fall

Spoiler: It's not for the better.



by LAUREN VALENTI Sep 11, 2015 @ 4:00 PM | Beauty



Fall may signal the return of plaid and Pumpkin Spice Lattes (no comment), but it also signals something you may have overlooked—a skincare regimen change-up. Because while finding that perfect cozy sweater to tuck into is easy enough, knowing exactly what's happening to your skin as it transitions is a bit trickier. And it (unfortunately) shows. Here's what you need to know:

## 1. It's waaay dry

Colder weather is your cue to add more moisturizing products to your routine. No more of that bar of soap business—you need a gentle cleanser that hydrates instead, as well as moisturizer for your entire body. Dr. Gary Goldenberg, MD, Assistant Clinical Professor of Dermatology and Medical Director of the Dermatology Faculty Practice at Mount Sinai, gave us his must-haves for fall:



**Cleanser:** Cetaphil Gentle Skin Cleanser, \$14.49; [ulta.com](http://ulta.com)