

Skin Care

9 Fall Skin Care Rules Dermatologists Want You to Follow

Important skin care rules to live by this season

by COURTNEY LEIVA | COMMENT

Decrease Your Retinol Usage

"Your skin tends to get a bit drier as the weather turns colder," says **Dr. Gary Goldenberg** of **Goldenberg Dermatology** in NYC. This is a common time for patients to develop retinoid dermatitis, which is a skin irritation from retinol, he explains. If you notice your skin is getting drier, he suggests decreasing your retinol application to every other night and increasing the amount of moisturizer you use at night.

To keep your skin extra moisturized when decreasing your retinol usage, try **Beautycounter Countermatch Adaptive Moisture Lotion**, \$49, which provides 24 hours of hydration.

