

Tips to Maintain Healthy Skin During the Winter

You can easily develop rough, dry, and itchy skin during the colder months, especially if you live in an area where you're exposed to cold, dry air and harsh winds. Skin isn't only the barrier between the environment and our insides—it's a living organ that's responsible for keeping the body cool, protecting it against germs and "invaders," and many other metabolic processes. It's important to keep these tissues in good condition and working well all year long so they can do their jobs and keep us healthy and safe. Cracked, flaky, irritated, or inflamed skin is normal during winter, though it's not exactly fun. If red, scaly, itchy skin lingers or is causing serious discomfort, be sure to visit a doctor; it might be a more serious dermatological condition like dermatitis, eczema, or athlete's foot. Here are some tips to maintain and improve your skin.

Tip 1

A 20-minute long, boiling-hot shower or bath might feel great on a cold day, but stick to warm or lukewarm water for 10 minutes or less. Long exposure to hot water can strip moisture from hair and skin. Apply a generous amount of cream or lotion on damp skin is most effective for trapping in moisture.

Tip 2

Our face is one of the most exposed areas and unfortunately not very preventable to feel the cold air. During winter, avoid any face products

"Healthy Skin for the Whole Family"



with alcohol, and switch to a milder face wash and a thicker moisturizer. We suggest IS Clinical Cream cleanser and the Zerafite Barrier Repair moisturizer. Apply a thin layer of moisturizing ointment or lotion to the sensitive area throughout the day.

Tip 3

To prevent hands from drying out, apply moisturizer after hand washing and at least several times throughout the day. Keep a bottle of lotion by each sink in your home and in your desk at work. If hands are very dry, use cream instead of lotion because the former has a higher oil-to-water ratio. Even wearing gloves while washing dishes will prevent excess removal of moisture.

Tip 4

Moisturize feet, especially the heels, every day with thick cream. Lotions containing lactic acid are especially effective and wear cotton socks to bed. We suggest NeoStrata Problem Dry Skin

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cream for feet and other rough thick skinned areas. Wearing socks during the night will help lock in moisture.

Tip 5

Applying lip balm throughout the day and keeping it in an easily accessible pocket is a good first step, but winter winds can take chapped lips to a whole new level. Use lip balm with lanolin. Lanolin is a natural moisturizer that softens skin and reduces evaporation, keeping the skin hydrated.



Chronic or severe dry skin problems require a dermatologist's advice. Dermatologist may evaluate and identify causes and get the necessary treatment: commonly, for people with dry skin, the best treatment is a moisturized cream or emollients, but if necessary, he may prescribe a steroid cream or ointment in association.

The products mentioned above along with others are available at our Fort Gratiot and Clinton Township offices. We hope you enjoyed these tips and have a healthy, safe winter season!



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