

Dry, dehydrated, skin

Skin is more vulnerable if its protective lipid barrier is compromised. The state of being dry or dehydrated is actually a sensitive skin condition in itself, which means on all accounts, hydration and protection are paramount. **TRY: Payot Les Sensitives Sérums SOS Réconciliant, \$93. Pelactiv Hydrating Cream Cleanser, \$41. Lancôme Hydra Zen Neurocalm Soothing Anti-Stress Moisturising Cream Fluid, \$115.**

What the dermatologist

says: "You need to keep the skin's lipid barrier intact," says Wechsler. "Use a gentle cream cleanser, stop scrubbing and moisturise more than once a day. Sun protection is also really important, as UV rays can dehydrate as well as damage skin. I really like Invisible Zinc products. Aside from excellent UV protection, the zinc is very healing to the skin."

What the beauty therapist

says: "If you must heat your home, keep the heating on low to medium," advises Davies. "Exfoliate regularly with a mild enzyme-based product that won't irritate the skin the way a scrub or acid-based product might. It will help with the absorption of your moisturiser, which should be a beautifully rich formula."

Eczema & dermatitis

These conditions lead to itchy, flaky and inflamed skin, and worsen in cooler months. They can also be exacerbated by allergies to certain ingredients, overly hot showers, and environmental aggressors like harsh winds or heavy pollution. **TRY: Dr. Lewinn's Medic Soothing Face & Body Wash for very dry/sensitive skin, \$19.95. Palmolive Hypoallergenic Shower Gel for sensitive skin, \$6.49.**

What the dermatologist

says: "If you wash skin until it's squeaky clean, you strip away its protective oils, making it prone to other sensitive skin conditions," explains Wechsler. "Only wash the parts you need to, like the underarms and groin. You can leave the arms and legs for a few days without washing them."

What the beauty therapist

says: "The lack of humidity in winter can distress vulnerable skin, so try using a humidifier," says Davies, "or simply put a bowl of water in the corner of each room. Keep heating on low, avoid harsh soaps and switch to a gentle moisturiser to calm the skin."

Stinging skin

Stinging is typically related to the over-use of certain products, such as alpha-hydroxy acid-based cleansers, or the incorrect use of products, for example over-scrubbing. In the winter months however, it can also be the result of cold temperatures, icy winds and UV rays (yes, even on cloudy days). **TRY: Eau Thermale Avène Extremely Gentle Cleanser for gentle and irritated skin, \$32.95. DermaVeen Baby Moisturising Cream, \$13.60. Gaia Natural Baby Skin Soothing Lotion, \$9.99.**

What the dermatologist

says: "Swap to a mild cleanser and stop toning and exfoliating," says Wechsler. "I even suggest to patients that they use unscented skincare formulated for a baby's skin. As always, broad-spectrum SPF [sunscreen] is essential."

What the beauty therapist

says: "Anything that stimulates skin is to blame," says Davies. "You need to cool and calm the epidermis with comforting creams and soothing masks." 🍋

