



First

5 Ways To '86 Sad Winter Skin and Glow Like It's Summertime

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We take the time to swap out jackets for coats and shoes for boots to protect our body from winter’s frigid weather, but we don’t always think to make similar adjustments to our skincare routine to combat the harsh effects the cold has on our looks. And as a result, come the coldest months of the year, we’re overwhelmed with a plethora of skin *arghs* — from rosacea to eczema! Luckily, top dermatologists share their easy, affordable skin winter skincare tips that will leave you looking gorgeous all season long.

Chapped lips? Apply a green tea compress.

Because our lips lack oil glands, they’re prone to becoming cracked and raw after battling winter viruses or spending time among the season’s moisture-sapping elements. And all that [lip balm](#) you’re using is not doing the trick.

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lavonolius penetrate lips to restore moisture within, while its antioxidants mend cracked, damaged skin. Plus, compounds in the brew kill bacteria that can lead to cold sores, so your pout stays healthy to boot. To do: Steep one bag of green tea in 2 cups of hot water for five minutes. Take the bag out, let it cool for two minutes, then place on top of lips for five minutes; remove, then seal with lip balm.

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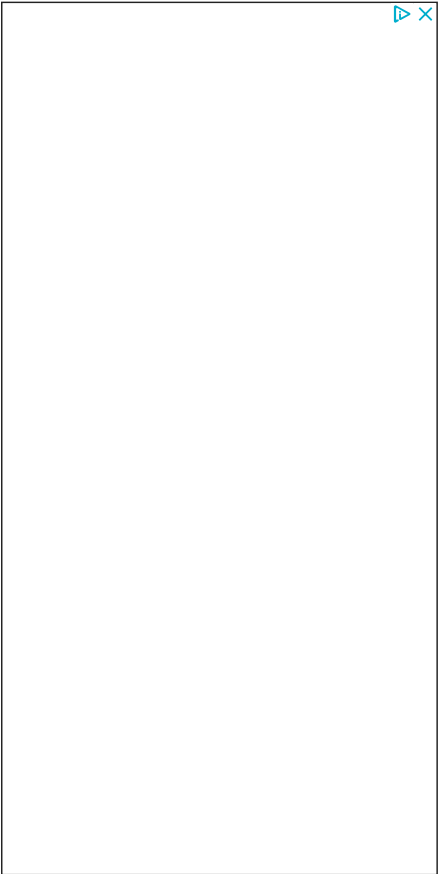


Dry, ashy skin? Slather skincare oil.

Scaly, parched, skin-dulling patches are the inevitable “battle wounds” of a cold, dry winter. And while you likely already know that applying skincare oils post-shower is optimal since that’s when skin best absorbs hydrating nutrients, your skin is still very dry.

The winter tweak: Minnesota-based dermatologist [Jenny Liu, MD](#), suggests slathering the oil on *before* hopping into the shower as well. Since a hot shower can strip skin of moisture, a viscous oil creates a barrier that prevents any excessive water loss. It also reduces the chance of skin becoming inflamed or irritated by the water’s warmer temperature. To do: Rub 4 drops of olive oil (its fatty acids deeply penetrate skin to lock in moisture) onto dry skin before showering and apply another 4 drops onto skin immediately afterward.

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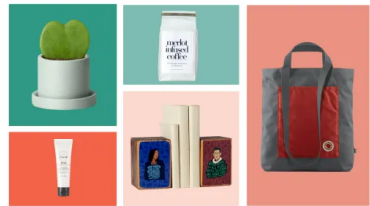
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