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SKIN CARE

How to Treat Dry Patches on Skin, According to a Dermatologist

Plus, the best product recommendations to try now.



BY ARIANA YAPTANGCO

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Hand of woman applying moisturizer on face [Westend61](#)

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Other things to consider are climate and even the medications you take. “Environmental factors can also play a role,” she adds. “Some of the factors that could be responsible include cold weather, wind, dry weather with low humidity, long hot showers, harsh soaps that strip the skin, topical rejuvenation products, sunburn, airline travel, and dehydration. Also, stress and certain vitamin deficiencies and topical or oral prescription medications could be responsible.”

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So, how can you prevent dry patches on skin?

Adjust your water temperature

Bad news: Your long hot shower might be affecting your skin. Dr. Palmer recommends limiting baths or showers to 5 to 10 minutes and to use warm water instead of hot water, which can be drying. To avoid irritation, she also recommends using gentle or fragrance-free products.

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especially vulnerable to dryness. Dr. Faller recommends protecting them in all situations. “When performing tasks using chemicals, like those found in cleaning agents or when gardening, you can wear gloves,” she says. “Winter gloves can also be used to protect the skin from cold, dry air.”

Especially in the winter months, you’ll want to invest in a good hand cream to soothe any dryness or cracks. “It’s also important to prevent dry patches on the hands by applying moisturizer after each handwashing,” she says. “I advise patients to look for gentle, fragrance-free skin-care products and to use creams instead of lotions as they can add more moisture to the skin.”

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Burt's Bees Almond & Milk Hand Cream

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There are a few ingredients that can help treat dry patches. “I advise patients to look for products that contain hyaluronic acid, jojoba oil, glycerin, or dimethicone,” says Dr. Palmer. As always, seek out a dermatologist if your dryness does not improve.

Apply a moisturizing cream

“Two of my favorite products are Cetaphil Moisturizing Cream and Avene Tolerance Control Soothing Skin Recovery Cream, which is accepted by the National Eczema Association,” says Dr. Palmer. “I advise patients to treat the dry patches by applying the creams two to three times daily.”

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Cetaphil Moisturizing Cream

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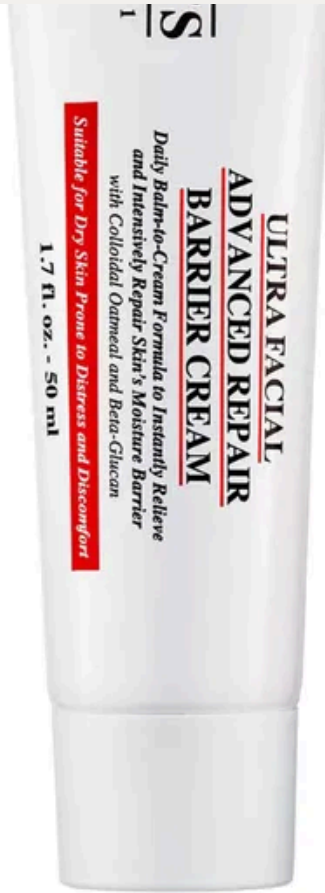
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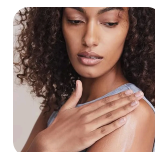
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