

## 《QUICK TIP》

When it's really howling outside, rub clear lip balm over cheeks, nose and chin. "It's a wind barrier, so you don't get chapped," says Heather Schultz, a ski instructor in Vail, Colorado. Or try a pocket-size tube of Aquaphor Healing Ointment, \$2, a multipurpose protector.

# pretty cool

Let this winter be your most beautiful yet. SELF gathered expert tricks to keep your skin and hair soft no matter how brutal the weather. You'll look so good, you won't want to bundle up!

By Hillary Quinn Photographs by Noe DeWitt



# face

## BE RADIANT

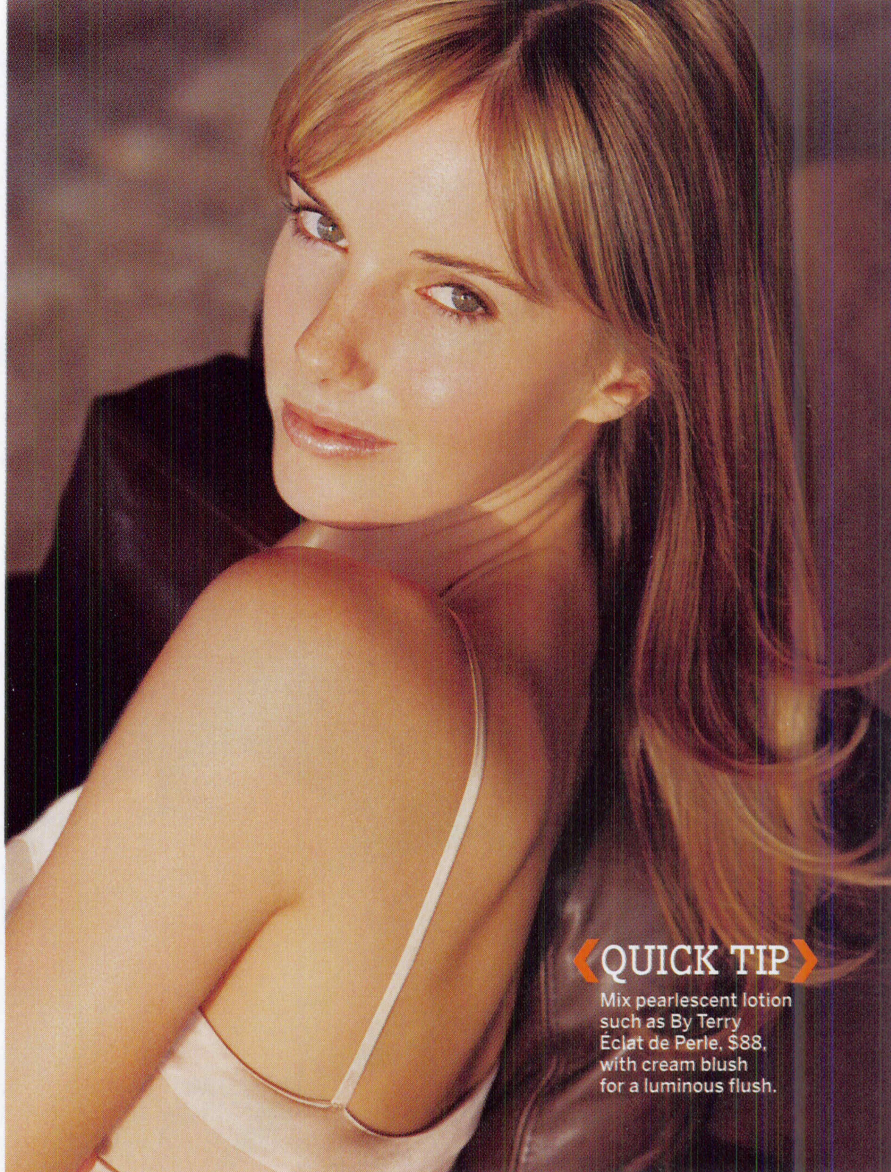
**GOAL Protect yourself** The cold isn't the only reason skin may look and feel so battered or uneven. Winter sun damage is sneaky because you can't always see or feel the sun, but it is happening if you're not protected. UV rays can break down fibers surrounding capillaries, a process that causes tiny red spider veins, says Cherie Ditre, M.D., director of cosmetic dermatology at the University of Pennsylvania in Philadelphia. (Once you get them, lasers are the primary treatment.) Slather on at least an SPF 15 (or get it in your moisturizer if you'll mostly be inside); even cloudy skies allow 60 to 80 percent of the sun's UV light to reach your skin, Dr. Ditre says. If you'll be outdoors on the slopes, consider bumping it to a higher SPF. Snow can

reflect more than 80 percent of UV rays, delivering an extra wallop. Dry skin makes you more prone to complexion saboteurs such as broken capillaries, so spike your moisturizer with a serum containing glycerin, kinetin or hyaluronic acid, ingredients that help your skin hold on to water. Try Prescriptives Intensive Rebuilding Lifting Serum, \$80. A mixture of the products (equal amounts) may feel less greasy than separate applications, says Lynn Osgood, a skin-care expert with Therapy Systems in Nashville.

**Too late?** If you forgot sunscreen (or find yourself as windburned as a sailor), drape a warm, damp washcloth over your face to soothe skin, says Louise Zizzo, a makeup artist in San Francisco for MAC. After a few minutes, apply moisturizer to seal in hydration.

**GOAL Maintain your glow** Don't ditch your bronzer along with your bikini. Now is when you need it most. This W-pattern technique will help you look subtly sun-kissed: After dusting your forehead, Zizzo says, start at the top of one cheekbone, sweep down to the apple of that cheek, then up to the bridge of your nose; repeat on the other side.

**Too late?** If your skin is so parched that powders cake on dry spots, use a cream bronzer or wear a thick moisturizing mask for 15 minutes beforehand. Tissue off—don't rinse—so that a bit remains to act as a smoothing makeup primer, says Matin, a makeup artist for Physicians Formula in New York City. He uses Lierac Masque Velours, \$35.



### «QUICK TIP»

Mix pearlescent lotion such as By Terry Éclat de Perle, \$88, with cream blush for a luminous flush.

## stay smooth

# HANDS

### Goal Preserve skin and nails

Hands need regular doses of cream; if greasiness deters you, use one that contains dimethicone, says Heidi Waldorf, M.D., a dermatologist in NYC. It won't feel as sticky, and the ingredient locks in moisture. Try Eucerin Intensive Repair Hand Creme, \$5. And keep nails polished (even with clear). Some experts say it may prevent brittleness from water loss.

**Too late?** Paper cuts signal your hands are too dry, Dr. Waldorf says. (Healthy skin is more resilient.) Turn chores into treatment time: Apply a mask of lotion and slip on rubber gloves. You'll protect skin from drying detergents, and by the time the tub or dishes sparkle, your hands will have absorbed the lotion and will shine, too.





## QUICK TIP

If hat hair leaves you cold, do this before pulling on a cap: Twirl sections of hair into pin curls and secure. Once inside, remove pins and rough up the roots, says Michael Jacobson of Michael & Michael salon in Chicago. Too much effort? Pile all your hair on top of your head instead.

Styling, Jennifer Hitzges for Jed Root; hair, Benoit Moeyaert for Joe; makeup, Lynn Barron for TheRexAgency.com; prop styling, Kyre Chenven. See Get-It Guide.

## shine on HAIR

### Goal Keep moisture in

Check that your blow-dryer is only drying hair, not drying it out: Direct high heat toward a mirror. If you see a bright red coil, the dryer may singe strands, says Edward Tricomi, co-owner of Warren-Tricomi in NYC. Time for a new dryer? Shop at a beauty-supply store. The dryers professionals use are more durable and may last longer.

**Too late?** Rehydrate with a mask. Although dimethicone helps hands, look for a hair treatment without it. The ingredient makes strands temporarily softer but can build up, leading to more frequent washes and dryer hair, says Louise Galvin, a hair expert in London. Try Burt's Bees Avocado Butter Hair Treatment, \$9.

## body FEEL SUPER SILKY

**GOAL Stay soft all over** Even an inexpensive humidifier bedside can prevent a tight, itchy sensation. (Add essential oil to the water for a soft scent.) Also, limit showers to 10 minutes. Overbathing removes skin's barrier oils, allowing moisture to evaporate. "Pruny fingers are the sign," Dr. Waldorf says. Look for washes with the same hydrating ingredients as in lotions: petrolatum, oils and shea butter. Olay Body Wash Plus Body Butter Ribbons, \$4, delivers cleanser and moisturizer side by side.

**Too late?** Lightly scratch your arm with a fingernail. If you see a white track, your skin is already suffering. Soak in a warm-water bath for eight minutes, then add a bath oil and sit for two minutes, says Diane Berson, M.D., a dermatologist in NYC. Skin absorbs the water; the oil seals it in. Try Naturopathica Ylang Ylang Calming Bath and Body Oil, \$38. Feeling dry and itchy? Apply a 50-50 mix of cortisone cream and lotion (Aveeno Skin Relief Moisturizing Lotion, \$6, soothes with oatmeal). Don't use it longer than two weeks, though, as cortisone can thin the skin.





soften up

# FEET

**Goal** Remain well-heeled

Scrub with a pumice before you shower; dry dead cells may flake off more easily. Try the easy-to-use Revlon Hands-Free Foot Smoother, \$9.

**Too late?** If heel cracks show up, the fastest relief comes from a prescription exfoliating lotion such as Keralac. It helps your body heal itself and won't sting, says Suzanne Levine, M.D., a podiatric surgeon in NYC. If heels have no cuts or cracks but feel rough, apply a cream with a hydroxy acid (such as lactic) at night and seal it in with socks. The gel lining of Pedi-Fix Heel-So-Smooth Heel Sleeves, \$20, delivers mineral oil for extra moisture.

For more winter skin tips, go to [Self.com](http://Self.com) weekdays February 13 to 24.

Shaving exfoliates, so on the days you remove hair, don't also use a scrub. Legs will already be smooth.