



## Curate your Best Winter Skin

“Winter skin” is a seasonal condition that can impact people regardless of age, skin type or skin tone. It can be uncomfortable or even unsightly for many people. The cold, dry air draws moisture from the skin, leading to dryness, cracking, itching, and even bleeding. The Skin of Color Society’s dermatologic experts recommend the following actions to keep your skin healthy during harsh, winter weather.

- **Moisturize daily.** Pay attention to areas that are more prone to dryness because of exposure to the outside elements. Moisturize within 3-5 minutes of patting the skin dry after bathing or showering.
- **Think thick.** Heavier creams and ointments may be more effective than lotions in colder months.
- **Be gentle.** Avoid harsh cleansers that may strip the skin of its natural oils. Use suds-free and fragrance-free soaps.
- **Go cool.** Shower or bathe in lukewarm water for no more than 10 minutes at a time.
- **Cover up.** Wear gloves, mittens and scarves to protect your skin from the cold and the harsh effects of wind on the skin.
- **Protect skin.** Wear a broad-spectrum sunscreen even in the winter.
- **Stay hydrated.** It’s important all year long.



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- Who is SOCS? The global leader in skin of color dermatology and a leader in skin of color research.
- Celebrate “My Best Winter Skin Day” annually on October 24 and follow the tips all season long. Visit the holiday page at <https://nationaltoday.com/my-best-winter-skin-day/>
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