



## **How Dry I Am ☹️**

**If you tend to have dry, ashy, scaly skin on the body, try incorporating some or all of the following changes to ease the skin's acceptance of winter weather. Consider adding a humidifier to your home's heating system if you have forced air heat. For radiator/steam heat, this is unnecessary.**

**When in the shower or bath, use warm, not hot water. If the water is steaming up the shower or bathroom, it is too hot, and will overly dry the skin. Avoid deodorant soaps, as they tend to be very fragrant and harsh, and can cause sensitivity and dryness issues. If you must use a deodorant soap for odor control, limit it to odor-prone areas like the groin and underarms. Unscented moisturizing soaps in liquid or bar form will be more skin-friendly. As an aside – keep in mind that unscented does not mean it is fragrance free. Products sometimes have masking fragrances to counteract a chemical odor, and fragrances can be irritating to sensitive individuals. If you ever experience irritation after using any soap or other skin product, discontinue it immediately.**

**Next, limit the time in the shower or bath to 10 minutes, especially in winter months. The longer skin is in the water, the more leeching of natural oil is occurring. When exiting the water, towel off until the skin is damp, not completely dry. This is the best time to apply a high quality, unscented, thick moisturizer to the entire skin. Try to do this while still in the humidity of the bathroom. It will help to seal some of the water from the bath into your skin. If you wait until you are completely dry, you've lost a golden opportunity for skin hydration.**

**For moisturizer selection, there are a few things to keep in mind. As before, unscented is great. In winter, your moisturizer should be thick. Easy criterion are that it should come in a jar, and you should be able to turn the jar upside down without the product running out. These qualities will usually lead you to a cream or ointment. They tend to stay on skin longer than lotions. It's not that lotions don't work, after all, some brand name lotions are very thick and will do a good job, but most are too thin, and will have to be reapplied too frequently during the day to keep you from drying out.**

**One more thing, even with cream and ointment you may have to moisturize more than once daily to prevent dry skin. Twice daily application (or more) is typical, especially when the temperatures are very cold. If you look dry, you need to put it on again, and again, and again...☺️**