

FASHION

SPF Is Essential When Skiing. So Are These Other Skin Products.

On the slopes, your face can take a beating. Here's how to protect your skin before, during and after the sport



CREAM TEAM From left: Neon Sunscreen Stick, Bare Republic, \$8, gobareoutside.com; Mineral Sunscreen lotion, Salt & Stone, \$18, saltandstone.com; Ski Cream, Dr. Barbara Sturm, \$115, molecular-cosmetics.com; Skin Calming Booster, ROSE Ingleton, \$70, rosemdskin.com; Hydrating Cream, onå new york, \$52, onanewyork.com.

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By Kari Molvar

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SCHUSSING DOWN the slopes can leave your skin invigorated—or, if you're not careful, chapped. Multiple elements victimize your complexion at once, said New York City dermatologist, founder of MMSkincare and skier Ellen Marmur. "Wind, sun, cold, heat and dryness at high altitude create the perfect situation for damage," she said. A 2003 Journal of the American Medical Association study found that sun intensity increases about 6% to 9% for every 1,000 feet of elevation, said Dr. Marmur, and sun reflection off the snow further ups your UV exposure. Which means you need more than a balaclava for protection. Here's what else to reach for to shield and heal.

PRE-SKI

Layer, Layer, Layer: Before heading out in the morning, lube up your skin with as much moisture as you can to prevent dryness and irritation later. Stick with a cleansing balm or oil-based face wash, which leaves behind a hydrating residue. Then pat on a quenching serum—Rose Ingleton MD’s Skin Calming Booster is loaded with moisture-binding hyaluronic acid—and top it off with a heavy-duty cream: Aesthetics doctor Dr. Barbara Sturm’s new Ski Cream pairs rich plant lipids with an easy-to-absorb texture.

ON PISTE

Significant SPF: While white zinc is effective and a sporty point of pride, there are modern, chicer alternatives. Cat Langdon, a lifelong skier and facialist at Fig Face Skincare Bar in Vancouver, British Columbia, likes moisturizing sunscreens to cover her entire face (“eyelids included”), and portable sticks for touch-ups (“after each run, on my lips and nose”). French classic Piz Buin Mountain Sun Cream incorporates edelweiss to guard against the wind while Bare Republic’s mineral sunscreen sticks come in bright shades.

APRÈS-SKI

Recoup and Relax: While the ski-lodge hot tub might look tempting, resist: “Nothing is as harsh on your skin as hot, chlorinated water,” said Dr. Marmur. Instead, Ms. Langdon prefers Epsom-salt baths to soothe tired muscles—plus replenishing face masks. Alpyn Beauty’s Calming Midnight Mask is made in ski country, Jackson Hole, Wyo., with hydrating botanicals including sage. Finish with a night cream: the Onå New York skin care range contains plants known to survive in harsh climates—like Siberia where co-founder Oksana Sannikova grew up

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