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7 Dermatologist-Approved Winter Skin Care Routines That Experts Swear By

Our expert panel shares the inside scoop on products that deliver glowing skin during dry weather season.

Kristin Limoges

DECEMBER 28, 2023 12:10PM EST



Courtesy of Bioderma

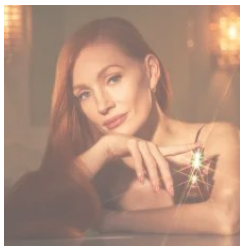
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Our skin may be our largest organ and appear relatively adaptable and dynamic, but in truth, it's incredibly sensitive and reactive to its surroundings. And no time is its frailty more apparent than wintertime.

“During the winter, there is less humidity in the air, which puts

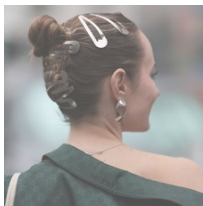
our skin at risk for drying out,” says board-certified dermatologist [Lindsey Zubritsky](#). In addition to dry, cold air, add harsh winds, heavy snowfall, and extreme temperature fluctuations from heated homes – and you have a recipe for a skin disaster. These conditions can not only dry out skin and damage the skin barrier, but also lead to an exacerbation of conditions like rosacea, atopic dermatitis, contact dermatitis, and more, says Dr. Zubritsky.

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All this and more is exactly why your dermatologist wants you to switch up your skin care products during the colder season. From the most recommended skin care essentials to vital lifestyle changes (hello humidifiers!), here is everything you need to know about winter skin care routines, all from the

brilliant guidance of your favorite board-certified dermatologists.

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Dr. Lindsey Zubritsky

While [Dr. Zubritsky](#), a Mississippi-based board-certified dermatologist, doesn't encounter extreme cold conditions come wintertime, she still believes in swapping out several of her routine staples. The first step in her daily skin care ritual

gets a gentle update. “For the face, I recommend switching to a gentle, hydrating cleanser instead of a harsh scrub or foaming cleanser,” she notes. While it might be easy to overlook cleansers as important, some soaps can be incredibly drying and irritating to the skin, she says.

In addition to a more nourishing cleanser, one of her favorite dry skin tips is updating face and [body moisturizers](#) for creamier, thicker formulas. “This will help to maintain the skin barrier and prevent the skin from drying out,” she says. And like any dermatologist worth their salt, she believes in the tried-and-true method of applying a moisturizer on damp skin (whether that be face or body). “I keep my moisturizer near or in my shower so that I can remember to apply it to damp skin immediately after showering,” she adds. “This is when moisturizers work best since it helps to lock in hydration after showering.” While we’re on the topic of showers, keep them short and lukewarm. “Long and hot showers tend to dry the skin out even more,” she says.

CeraVe Hydrating Facial Cleanser

\$15.48

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\$17.99

[BUY NOW AT ULTA](#)

Would it be a dermatologist-based article if we didn't mention CeraVe or Cetaphil? The two dermatologist-beloved brands are excellent choices for cost-effective and gentle products, and Dr. Zubritsky is a fan of CeraVe's lotion-like, [non-foaming cleanser](#), as well as Cetaphil's Gentle Skin Cleanser. "They're both effective without drying out the skin or stripping the skin barrier," she says.

Price upon publish date of this article: \$15.48

Canopy Humidifier

\$150

BUY NOW AT NORDSTROM

Speaking of dermatologist-beloved products, grab a humidifier. Dr. Zubritsky recommends keeping a humidifier in the bedroom to add moisture back to the air, which she says can keep skin hydrated and reduce dryness. Consider trying Canopy's dishwasher-safe iteration, which sleekly and effectively boosts the humidity in a room. This is the humidifier that made humidifiers sexy and cool — and cleaner (which is important as traditional humidifiers can be quick to grow mold).

Price upon publish date of this article: \$150

Dr. Kami Parsa

[Dr. Parsa](#) specializes in one feature particularly irritated from winter woes: the eyes. The Beverly Hills-based oculoplastic surgeon and clinical professor (at both the University of Southern California School of Medicine's Department of Ophthalmology and Department of Plastic Surgery) frequently sees winter-caused issues in his practice. "The eye area is particularly susceptible to dryness due to the thin and delicate nature of the skin," he says. This dryness is not only irritating, but it can exacerbate signs of aging. "Fine lines and wrinkles may become more pronounced in cold weather due to the dryness of the skin," he adds.

To treat, he suggests focusing on hydrating [eye creams](#), wearing sunglasses to prevent squinting and protecting the delicate area from sun exposure, and avoiding harsh products around the eyes. Also, take extra care when applying eye care products, he recommends using your ring finger to gently tap the product into the skin, avoiding pulling or stretching the delicate area. Of course, wear SPF every single day, too, even in the wintertime.

Alastin Ultra Nourishing Moisturizer

\$63.99 ~~\$78~~ 18% Off

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\$75

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When it comes to other skin care winter musts, Dr. Parsa reaches for thicker, medical-grade moisturizers, like this nourishing option from Alastin. “They provide richer, longer-lasting hydration to protect the skin barrier,” he adds. The calming and hydrating moisturizer is boosted with linoleic acid, oat kernel, silver mushroom, and the brand’s proprietary peptide complex.

Price upon publish date of this article: \$63.99

Dr.G Royal Black Snail Eye Cream

\$35

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What eye cream does an oculoplastic surgeon recommend? The Korean-based dermatologist brand Dr.G and their [Royal Black Snail Eye Cream](#), which Dr. Parsa calls “the best hydrating eye cream.” Boosted with snail mucin and black bee honey extract, the cream is designed for sensitive, dehydrated skin.

Price upon publish date of this article: \$35

Dr. Jennifer Chwalek

[Dr. Jennifer Chwalek](#), a New York-based board-certified dermatologist at [UnionDerm](#) and clinical professor of dermatology at Mount Sinai Medical Center, doesn't believe changing up your skin care routine in winter is essential for everyone. But if you live in a climate with temperature and humidity extremes, have sensitive or inflammatory skin conditions, or are older, it might be necessary, she says.

Dr. Chwalek is prone to mild rosacea, which can worsen with the change of seasons, so she reaches for more hydrating ingredients in the fall and winter. This means layering moisturizers atop one another, utilizing a hydrating cleanser (usually by La Roche-Posay, ISDIN, or Caudalie), and looking for products that focus on repairing the skin barrier.

She also practices a buzzy technique: skin cycling, which is a technique involving rotating your skin care products to prevent irritation. "I've been doing this for years because my skin has never tolerated retinoids very well and because I think this makes the most sense given the circadian rhythms of the body," she adds. For Dr. Chwalek, this involves [retinol](#) (or retinoid) on the first evening; a targeting serum on the second night (she uses [DefenAge 8-in-1 BioSerum](#) to "improve skin aging"); and light exfoliation and thorough moisturizing on the third evening. Then you start the cycle back at night one again.

Aveeno Daily Moisturizing Body Oil Mist

\$9.72 ~~\$14.16~~ 31% Off

BUY NOW AT AMAZON

A bath aficionado, Dr. Chwalek loves recharging in a not-overly-hot soak with either an oatmeal-based bath treatment (like [Aveeno Soothing Oatmeal Bath Treatment](#) with colloidal oatmeal) or an olive oil soap. Right after the bath, she applies a body oil when her skin is still damp and then follows that up with a body cream or lotion to lock in the moisture. For oils, she uses a variety, from Ayurvedic almond oil to algae-boosted options from [The Blue Lagoon](#) in Iceland. But she also uses this readily available option from Aveeno, which has jojoba oil in it. “I am a huge fan of it because its lipid content is most similar to our skin and it is anti-inflammatory,” she adds. For body creams, she likes [La Roche Posay Lipikar AP+M Triple Repair Body Cream Moisturizer](#) (“It has shea butter and glycerin in it and it

is free of fragrance.”), [Aveeno Daily Moisturizing Body Lotion](#), or the [Aveeno Eczema Therapy Soothing Cream](#).

Price upon publish date of this article: \$9.72

SkinBetter Science Alto Defense Serum

\$165

[BUY NOW AT SKINBETTER](#)

Dr. Chwalek uses a [vitamin C serum](#) every morning and when her skin is feeling really dry, she reaches for this soothing option because the lotion formula feels more hydrating, she notes. (On normal skin days, she loves the iconic [Skinceuticals C E Ferulic](#).) “Vitamin C is a potent antioxidant that protects the skin against oxidative damage, it is important in collagen

production, and may also aid in ceramide production, which is a key lipid that makes up our skin barrier function,” she explains.

Price upon publish date of this article: \$165

Dr. Geeta Yadav

Toronto-based board-certified dermatologist and founder of FACET Dermatology [Dr. Geeta Yadav](#) says the cold, dry air of winter can wreak havoc on the skin. To counteract the blistering winters in Canada, she keeps things formulaic. “The foundation of my skin care routine is always the same — cleanser, antioxidant serum, moisturizer, and SPF in the morning; cleanser, exfoliant or retinoid, hydrating serum, and moisturizer at night,” she says. “The only aspect that might change is the formulas” — swapping out gels and foams for

creams and balms to keep skin moisturized, comfortable, and protected.

As with every single derm interviewed, Dr. Yadav swears by a humidifier to keep “skin and hair soft, smooth, and hydrated,” she says. But she’s got a clever hack if a humidifier is not in your budget. “You can help add moisture back into the air by boiling a pot of water on the stove throughout the day or by closing the door when you shower to trap in the steam,” she says. But, that doesn’t mean you should be taking a long, hot shower.

“Lukewarm showers are best as they’ll help to prevent stripping that natural moisture from your skin,” she adds.

Paume Overnight Hydration Gloves

\$14

[BUY NOW AT THE DETOX MARKET](#)

“Cracked, chapped lips and hands are very common complaints this time of year,” says Dr. Yadav. “These areas of the body are often exposed to the harsh elements, even though it’s easy to cover them up (I have no idea why so many people are resistant to gloves),” she adds. To counteract dehydrated, winterized hands, she recommends a targeted evening regime, including a gentle exfoliant (this can be a face scrub, notes Dr. Yadav), followed by a [hand cream](#) and then sealing the hydration with a pair of overnight cotton gloves, like these from Paume. “This will help trap the cream against your skin rather than allowing it to rub off on your sheets, pushing that moisture into your skin to help repair damage,” she says.

Price upon publish date of this article: \$14

Lanolips 12-Hour Overnight Lip Mask

\$17.95

BUY NOW AT ULTA

The delicate skin on the lips is quick to chap, so aim to create a daily evening routine, similar to the hand ritual. Dr. Yadav recommends [lip exfoliation](#), a damp washcloth is a simple and gentle option, and then following up with a “highly-nourishing treatment,” she says. “You can consider applying two layers of lip balm, one lighter formula with hyaluronic acid to pull in hydration and then a richer formula like a mask to seal it in,” she adds. Try [Lanolips’s new overnight lip mask](#), which features lanolin, plant waxes, vitamin E, vitamin C, and hyaluronic acid for a rich, buttery treatment.

Editor testing and review notes: “I use this mask nightly and it’s still stuck on my lips come morning, even after 8+ hours of sleep with my face smashed into my silk pillowcase. It’s the most nourishing, long-lasting, and hydrating [lip mask](#) I’ve ever tried.”

Price upon publish date of this article: \$17.95

Dr. Jody Comstock

Winter for [Dr. Jody Comstock](#), the board-certified dermatologist, founder of Skin Spectrum, and associate professor at the Department of Dermatology at the University of Arizona, not only means colder weather, but also holiday parties.

The Tucson-based expert turns to products that make her skin look healthy and radiant for gatherings with friends and family, but also emphasizes the importance of hydration. “Sometimes it can be harder to remember to drink water with cooler temperatures, so I love adding an electrolyte enhancement (like [LMNT](#) or [Nuun](#)) to my water,” she says. “To further hydrate, the omega-3s found in fish oil tablets help to moisturize the skin and can prevent further water loss — I usually recommend 1,000 mg a day,” she adds. To combat dry body skin, she relies on a classic. “For the body, I love something simple like [Vanicream Moisturizing Cream](#) to help maintain normal moisture levels in the skin,” says Dr. Comstock.

EltaMD UV Sport Broad-Spectrum SPF 50

\$55

BUY NOW AT AMAZON

\$55

BUY NOW AT DERMSTORE

One product that should stay constant, no matter the season, is your sunscreen, says Dr. Comstock. “Both UVA and UVB rays can reach the skin, even on cloudy days when the sun might not be visible,” she says. “Prolonged exposure without protection can lead to cumulative damage and premature aging over time.” She recommends a more moisturizing [face sunscreen](#), like this option from EltaMD.

Price upon publish date of this article: \$55

MMRepose Face Mask

\$22

[BUY NOW AT MMSKINCARE](#)

“A few days before an event, I combine the MMSkincare Hydro Gel Masks with the [MMSphere 2Go LED Light Therapy](#),” says Dr. Comstock. “Each mask is formulated to address different concerns but the MMRepose Face Mask is great for addressing stressed, irritated, and tired-looking skin,” she adds.

“Combining the MMRepose Face Mask and the MMSphere2Go Amber Light Therapy setting helps increase circulation and really maximizes your glow.” For brighter and more open-looking eyes, Dr. Comstock uses the prescription eye drops [Upneeq](#) on the day of an event. She also notes the eye drops can temporarily help lift the upper eyelids, too.

Price upon publish date of this article: \$22

Dr. Amy Lewis

[Dr. Amy Lewis](#), a board-certified dermatologist, founder of New York City's Lewis Dermatology & Associates, and a clinical associate professor of dermatology at Yale University School of Medicine, believes the stress from wind and colder temperatures on your skin requires skin care upgrades, especially moisturizers. ("Moisturize, moisturize, moisturize! Oh, did I mention moisturize?," she enthusiastically says.) She also suggests adding occlusives, emollients, and hydrators into your winter routine for "comprehensive moisture barrier repair."

Dr. Lewis confirms what our other esteemed experts have said: Nix harsh cleansers in favor of cream-based formulas and limit exfoliation to once or twice a week. We've mentioned this already, but it bears repeating: "No matter what, make sure your daytime routine includes SPF, even in winter as you can still get sun damage anytime during the year," says Dr. Lewis. "UVA, the culprit for skin cancer and aging issues, is around all

year long,” she adds.

Pavise Dynamic Age Defense

\$149

BUY NOW AT PAVISE

What SPF does sunscreen connoisseur Dr. Lewis reach for? An exciting, new option created by a literal genius: MIT-educated scientist [Sophie Bai](#), who developed an anti-aging compound at age 16, later invented and patented multiple proprietary molecules that treat eczema, skin aging, and skin cancer, and now is the founder and CEO of B.A.I. Biosciences where Pavise was created. “The key in winter months is to try to incorporate SPF in your daily routine within a moisturizer/anti-aging cream so we are eliminating an extra step,” says Dr. Lewis. This is where Pavise comes in. “It’s a new-to-market, groundbreaking

technology in sun protection added into an anti-aging cream that gives a perfect ‘all in one’ for the morning in winter, and all year round actually,” she adds.

Price upon publish date of this article: \$148

Soft Services Carea Cream

\$40

BUY NOW AT SOFT SERVICES

Don't forget about upgrading your body moisturizer, too. “If you have been using a lightweight body moisturizer, now is the time to look for something a bit heavier and creamier,” says Dr. Lewis. But for those experiencing very dry skin, she notes an

exfoliating element within the body lotion can be beneficial. “Look for urea or glycolic acid to shed the dead layers as it moisturizes at the same time,” she says. “Other body moisturizers often will just sit on the surface and cannot penetrate the dry stacked layers.” Consider buzzy brand Soft Services and their Carea Cream, which is boosted with 10 percent urea, three percent squalane, and 1.5 percent colloidal oatmeal for a moisturizing, mild exfoliating, and calming experience.

Price upon publish date of this article: \$148

Dr. Lesley Clark-Loeser

[Dr. Clark-Loeser](#), the board-certified dermatologist and co-founder of the Davie, Florida-based Precision Skin Institute,

notes that cooler temperatures can cause dryness and disruption to the skin barrier function. While she doesn't experience significant weather changes in Florida, she does incorporate a few hydrating formulas come winter, particularly for her shower routine.

Bioderma Atoderm Cleansing Oil

\$29.99

[BUY NOW AT AMAZON](#)

Dr. Clark-Loeser loves this unique shower cleansing oil from the famed French pharmacy brand Bioderma. The foaming oil is specifically designed for dry to very dry skin types, helping to soothe, nourish, and [moisturize dry, sensitive skin](#). Your [body wash](#) is an especially helpful swap come winter, as traditional

formulas can be too drying and irritating for winterized skin. After showering, Dr. Clark-Loeser applies a body moisturizer immediately – however, this is only a winter preference, as she finds them less necessary in other seasons thanks to the high humidity of Florida.

Price upon publish date of this article: \$29.99

Biopelle Tensage Advanced Cream Moisturizer

\$81.50

[BUY NOW AT AMAZON](#)

\$81.50

[BUY NOW AT DERMSTORE](#)

Those in year-round warm weather climates might be able to do as Dr. Clark-Loeser does and use the same facial moisturizer for all seasons. She relies on this cream formula, as it's highly emollient and super rich in texture, she says. "It's also formulated with growth factors and vitamin E to help decrease signs of aging and help combat damage that may have occurred in the summer," she adds.

Price upon publish date of this article: \$81.50

Top Ingredients to Look for in Winter Skin Care Products

Your ideal winter skin care routine is highly personal. You'll likely take into account your skin type (including sensitive, dry, oily, etc.), location (high elevation, arid climate, high humidity, coastal landforms, etc.), and also personal preferences (enjoyment of lengthy routines or a staunch minimalist). But no matter your predilection, there are a few essential ingredients that are beneficial for most winter skin problems.

- **[Hyaluronic acid](#)**: "Hyaluronic acid is a humectant that can hold up to 1,000 times its weight in water," says Dr. Zubritsky. It helps to keep the skin hydrated and plump, reducing the appearance of fine lines and wrinkles, adds Dr. Parsa. Dr. Lewis and Dr. Yadav both recommend finding [face serums](#) or moisturizers that include the famed ingredient.
- **Ceramides**: "Ceramides are lipid molecules found in high concentrations within cell membranes in the upper layer of the skin," says Dr. Parsa. "Ceramides hold skin cells together, forming a protective layer that plumps the skin and retains moisture," he adds. Dr. Yadav agrees and stresses the importance of ceramides in moisturizers year round, but especially in the winter. "These are lipids that are naturally found in the skin, but deplete with age or lack of support," she says. "They work like the grout

between your skin cells' "bricks," helping to stave off water loss in the skin while shielding your skin from internal irritants," she adds. "When skin doesn't have enough ceramides, your moisture barrier becomes compromised, resulting in skin that can't retain moisture easily and is easily irritated and inflamed."

- **Glycerin:** Glycerin is a humectant, which means it attracts moisture to your skin, says Dr. Parsa. "It's highly effective in combating dry, flaky skin during the winter months," he adds. Dr. Lewis and Dr. Chwalek are big fans of the ingredient, too, which is most often found in moisturizers.
- **[Vitamin E:](#)** "Vitamin E is an antioxidant that helps to protect the skin from damage caused by free radicals and harsh environmental factors," says Dr. Parsa. It also has moisturizing and healing benefits, he adds. Dr. Comstock seconds the recommendation for vitamin E, which is usually found in moisturizers and face oils.
- **Squalane:** Squalane, the trending emollient and natural antioxidant, is beneficial come winter, according to Dr. Parsa and Dr. Chwalek. "It mimics your skin's natural oils, making it an excellent moisturizer for dehydrated or dry skin," adds Dr. Parsa. The ingredient can be found in serums, moisturizers, and face oils.

Common Winter Skin Concerns

Every single person's skin is different — and can change daily, depending on weather, hormones, diet, lifestyle, and more. But our seven experts, who see patients daily, note the same common winter skin concerns.

- **Chapped Lips:** "One of the most common skin issues I see in my clinic during the winter months is dry and chapped lips," says Dr. Zubritsky. She links this woe not just from the drier air, but mostly due to overuse of fragranced lip balms. "These actually can make chapped lips worse — the fragrance in them can lead to allergic contact dermatitis, which can cause more

irritation,” she says. “This leads to a vicious cycle where patients continuously apply these lip balms and their chapped lips worsen,” she adds. Instead of pricey options, she relies on tried-and-true petroleum jelly-based products, like [Vaseline](#) or [Aquaphor](#), for relief. Other [lip balm](#) ingredients to consider are shea butter, glycerin, and jojoba oil, says Dr. Chwalek. She also notes lip treatments need to be reapplied multiple times throughout the day to address dehydrated lips.

- **Excessively Dry Hands:** Parched hands are an incredibly common concern because they work overtime in the winter — constantly moving and working, frequently washed with harsh soaps, and exposed to extreme elements. Applying a hand lotion is helpful, but if the skin is extremely dry, try covering the area with a heavy cream, like [Vanicream](#) or [Cetaphil](#), says Dr. Comstock. You can boost this cream with a rather ingenious tip. “One of my favorite hacks is to apply a thick creamy moisturizer or petroleum jelly to slightly damp hands and then cover in white cotton gloves and go to sleep,” says Dr. Zubritsky. “This helps to strengthen, reseal, and repair the damaged skin barrier all night long for soft and supple hands,” she adds. (This is the exact tip Dr. Yadav recommends above and Dr. Comstock swears by, too — great minds...)
- **Dry, Itchy Skin:** One of the biggest questions asked of derms is effective skin care in winter for dry skin. Dry, itchy skin can occur anywhere in the body, but Dr. Chwalek notices an upswing in the lower leg region. She suggests limiting long hot showers and overbathing, avoiding harsh soap and scrubs, and utilizing a moisturizing [shaving lotion](#) (for those who shave). And, of course, moisturize immediately after showering or bathing, while the skin is still damp. If that’s not enough, Dr. Chwalek suggests reaching for products that contain [FDA-approved colloidal oatmeal](#), which can be incredibly soothing on irritated skin.
- **Facial Redness and Sensitivity:** If facial redness and sensitivity are chronic issues in the winter, avoid using

products with AHAs, retinols/retinoids, and exfoliants, says Dr. Chwalek. She suggests focusing on gentle cleansers and winter skin moisturizers and never skipping daily [face sunscreen](#). “If the issue persists, see a dermatologist because it may require prescription medications,” she adds.

Meet the Experts

[Dr. Lindsey Zubritsky](#) is a Mississippi-based board-certified dermatologist, who has a cult following for her passionate and myth-busting social media platforms. She can be found at [Premier Dermatology and Skin Cancer Center](#), where she specializes in general medical dermatology, surgical dermatology, cosmetics, and pediatric dermatology.

[Dr. Kami Parsa](#) is a Beverly Hills-based oculoplastic surgeon, who specializes exclusively in reconstructive, revisional, and cosmetic surgery of the eyes and surrounding tissue. He’s passionate about teaching and is a clinical professor at USC’s Department of Ophthalmology and USC’s Department of Plastic Surgery. In addition, Dr. Parsa is involved in several humanitarian organizations, including being one of the founders of [Surgical Friends Foundation](#), a non-profit organization committed to delivering reconstructive surgery to patients who do not have access to quality medical care.

[Dr. Jennifer Chwalek](#) is a New York City-based board-certified dermatologist at Union Derm. She specializes in cosmetic and laser procedures, Mohs micrographic surgery, and non-invasive body contouring treatments. She is also a clinical instructor of dermatology at Mount Sinai Medical Center and is on the board of directors for the [Shade Foundation](#), a non-profit organization devoted to preventing skin cancer through educating children, parents, and teachers. Additionally, Dr. Chwalek is passionate about the intersection of Eastern and Western medicine, and is a Vinyasa-trained yoga instructor and a long-time student and practitioner of meditation and

Ayurveda.

[Dr. Geeta Yadav](#) is a Toronto-based board-certified dermatologist and the founder of FACET Dermatology. She is an expert in both medical and cosmetic dermatology, and specializes in atopic dermatitis, psoriasis, and skin cancer. She has a special interest in skin of color and is passionate about educating and sharing awareness on a variety of topics.

[Dr. Jody Comstock](#) is a Tucson-based board-certified dermatologist and the founder of Skin Spectrum, where she has practiced for more than 25 years. She's considered a pioneer in the field of cosmetic procedural dermatology and is passionate about the delivery techniques of neuromodulators and soft tissue fillers, as well as a wide variety of laser systems for aesthetic surgery. She's also an associate professor at the Department of Dermatology at the University of Arizona.

[Dr. Amy Lewis](#) is a board-certified dermatologist and the founder of New York City's Lewis Dermatology & Associates. She's also a clinical associate professor of dermatology at her alma mater, the Yale University School of Medicine (where she founded the Yale Cosmetic Dermatology Division within the Dermatologic Surgery Department in 2005). Additionally, Dr. Lewis is a certified yoga instructor and has a brown belt in Okinawan Karate.

[Dr. Lesley Clark-Loeser](#) is a board-certified dermatologist and the co-founder of Precision Skin Institute, based in Davie, Florida. She's passionate about peer, community, and patient education and is on the board of directors of a community organization dedicated to sun safety. Dr. Clark-Loeser has also authored and co-authored over 15 professional articles and book chapters and served as an investigator in more than 25 clinical trials.

Meet the Author

[Kristin Limoges](#) is a seasoned [beauty](#) writer specializing in skin care, haircare, fragrance, and makeup. With nearly a decade of expertise, she's known for her thoughtful and thorough point of view. Her work can be seen at Harper's Bazaar, Allure, InStyle, Byrdie, Bustle, Departures, and more. Previously, she was the beauty editor at Domino magazine, where she created and crafted the wellness vertical. Limoges interviewed seven dermatologists for this article on expert-approved winter skin care tips.



