

Reverse Winter's Damage on Your Skin

Winter is the time of cold air, harsh winds, and dry indoor heat; things that can all wreck havoc on your skin during the winter months, causing it to become dry and feel itchy. "These conditions set the stage to rob your skin of moisture, causing it to damage easily or aggravate an existing skin condition," says Dr. Ben Moosavi, Plastic and Reconstructive Surgeon. To help avoid skin problems, Dr. Moosavi has these tips for keeping your skin at its best during the winter months and all year round.

- **Use Sunscreen with SPF 15 or higher-** Sunscreen is one of the keys to radiant, youthful looking skin. By reducing your daily sun exposure, sunscreen allows your skin time to heal and your immune system the chance to repair some existing damage.
- **Hydrate-** Make sure that you are drinking at least 8 glasses of water everyday and you keep a bottle of water with you on the go so that you don't get dehydrated. This will help keep your skin moisturized, thus making it more elastic and stronger. Also, watch your caffeine intake through out the day. If you are drinking tons of coffee and other caffeinated beverages, you're less likely to be drinking water.
- **Laser Treatments-** Blotchiness, skin discoloration, and wrinkles are all things that laser treatments can erase within 30-60 minutes. Treatments can be completed on the face, neck, chest and hands-all areas that can show signs of aging and damage. Winter can cause damage to a person's skin at any age, but if you factor in 20 or 30 years of damage from the sun during the summer months as well, you can have a real need to "start over" with your skin. Laser treatments can also promote skin cell growth and collagen production in your skin.
- **Moisturize-** It's important that you step-up your skin care routine in the winter. You may need to switch the lotion that you are using in the winter months from what you use in the summer. Look for lotions that are oil-based rather than water based, as the oil will create a protective layer on the skin, locking in moisture. Make sure to use lotions that have non-clogging oils as an ingredient like avocado oil, mineral oil, primrose oil, or almond oil.

If you have skin care questions or would like to schedule a consultation with Dr. Moosavi call 304-399-4220 or visit www.ultimateprs.com.