



skin oils. Tarbox said elderly patients may require additional care to maintain a healthy skin barrier and reduce areas of dryness or flaking.

“If your skin is dry and flaky, it can't keep you waterproofed to the outside environment, so you lose more water to the air,” Tarbox said. “It also can't seal you against irritants from the air such as chemicals that could get on your skin, or from things that might be deposited there such as detergents.”

When traveling during the winter, Tarbox said to consider the environment of your destination, where the water may contain different chemicals and have a different pH balance. Air travel also creates a dry environment, so she recommends moisturizing skin surfaces and using a sterile saline nasal spray to moisturize the nasal passages when flying.

Because the skin can still be damaged from sun exposure in the winter, Tarbox promotes the use of hats and sunscreen for her patients when they're outdoors, regardless of age. In fact, there are several studies that suggest gentle skincare and regular moisturizing during childhood can be beneficial. Consistent use of these products, especially when combined with hats and long sleeves can help to provide a foundation for lifelong skin health.

“The biggest thing about winter skincare is to be kind to your skin,” Tarbox emphasized. “I like for people to think about a newborn baby's skin and how carefully you might take care of it. You wouldn't scrub it with harsh cleansers and you wouldn't leave it with skin that looks chapped, irritated and raw. The earlier you treat discomforting problems in the skin, the more rapid your relief will be, the less severe the condition will be and the less likely it will become a chronic problem.”

Turning up the heat in the winter months also creates special needs for our hair. A warmer internal environment and hotter showers can wash away some of the oil that's necessary for our hair to stay