

All dried up? Vanquish those winter skin woes

Tips on healing the 5 areas of your body most susceptible to wintry conditions

By Colleen Dowd

SELF

Warning: drying conditions ahead! As temps drop, common skin conditions often flare up. Keep your hide healthy with our easy advice.

Your scalp

Why does dandruff appear right as you're breaking out your cozy black sweaters? Sunlight slows cell turnover, reducing flakes—which may be why you see more in the cold, gray months.

Skin soothers: Suds more, not less. "Daily, use a tar-based shampoo, slows cell regeneration—or antiyeast formulas, which remove the scalp fungus that causes flaking," says Dale Isaacson, M.D., associate clinical professor of dermatology at George Washington University.

Also, fill up on walnuts, wild salmon and canned tuna; their omega-3 fatty acids may help reduce inflammation that makes flakes.



Birgit Reitz-hofmann

Walnuts have omega-3 fatty acids that help reduce inflammation.

SELF

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SMALL
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Your Weight Loss Grocery List
(Yep, Chocolate's On It!)

COLDS & FLU? NOT YOU!

Double Your Immunity Naturally

SWEETER (HOTTER!) SEX

Happily-Ever-After Advice

STAY SLIM ALL WINTER

The Least Amount
Of Exercise It Takes

BE THE PRETTIEST AT THE PARTY!

Easy Beauty Boosters

*Celebrate your
happy, healthy,
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*Heidi Klum's
stay-young secrets*

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FREE

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