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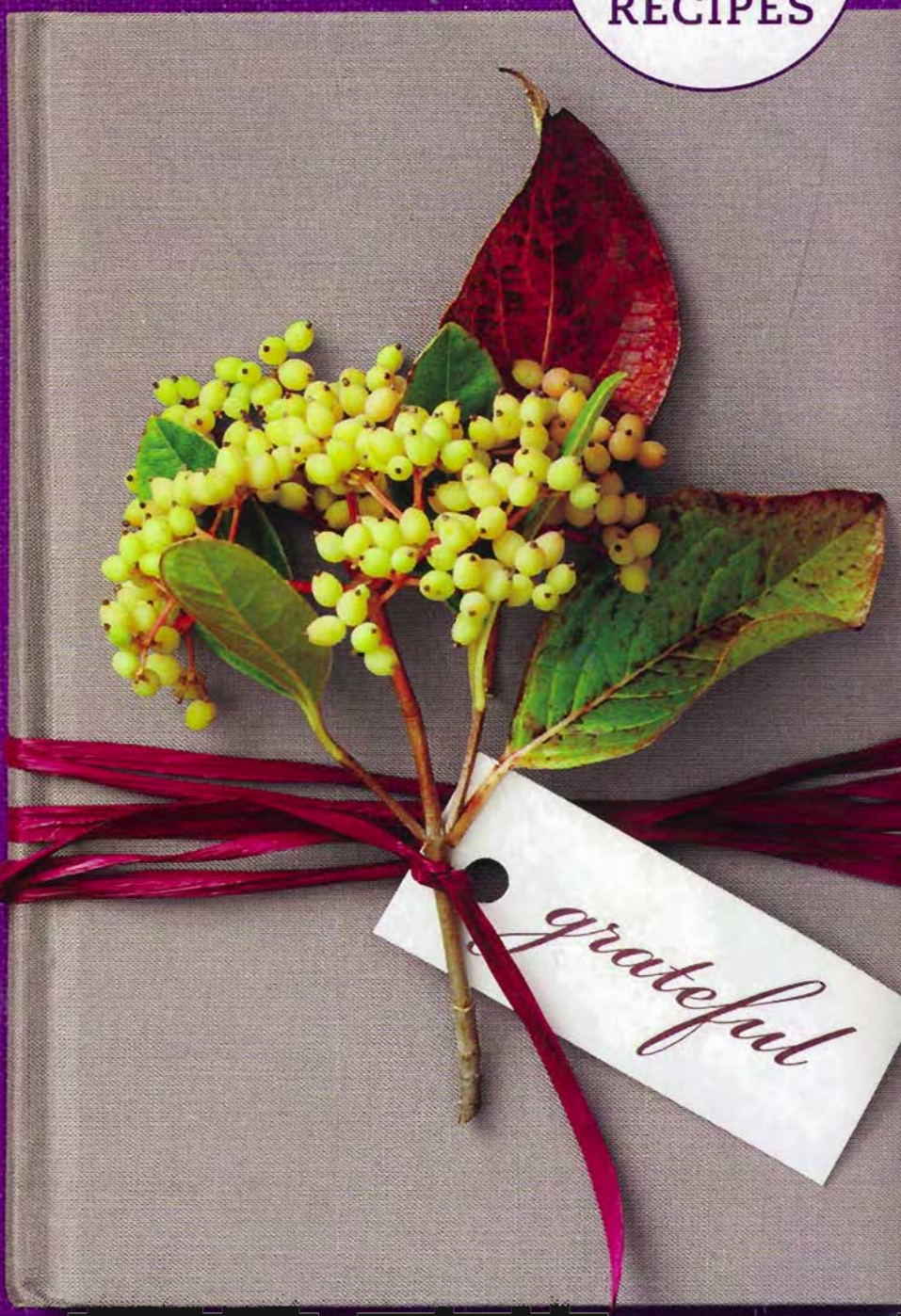
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cold skin comfort

Don't let cooler temperatures take a toll on your face and body. **Winterize your routine** with tips from this top dermatologist.

AS SURE AS THE LEAVES go from red to brown and fall turns to winter, you can bet that dry skin and chapped lips aren't far behind. But this year, instead of accepting the inevitable, *Real Simple* sat down with Arielle Kauvar, 45, a dermatologist in New York City, to learn how she keeps her skin soft and supple till spring. The Princeton- and Harvard-trained expert is a clinical associate professor of dermatology at New York University, commands a bustling private practice, and is a mom to three kids, ages 17, 13, and 3. So it's no surprise that she has little time to sweat a complicated regimen. "Every product I use has a clear function," Kauvar says. And as the seasons change, so do her basics. She trades her potent summer treatments that prevent excess oil and breakouts for gentler options that nourish and protect her combination skin as it gets drier. Read on for Kauvar's favorite salves—and her savvy strategy. Follow her lead and you'll have smooth skin no matter what the forecast.

WRITTEN BY BORA CHANG
PHOTOGRAPHS BY DAVID LAND

“Believe one who has proved it. Believe an expert.”

Virgil, *The Aeneid*

face basics

Arielle Kauvar switches to richer skin-care products before the cold weather really sets in. "This helps your skin transition and avoid the dryness and sensitivity that can come with winter," she says. Here, her personal goods.



a creamy cleanser

Kauvar swaps her warm-weather foaming face wash for **SKINCEUTICALS CLEANSING CREAM** (\$28, www.skinceuticals.com). She prefers its milky formula because it contains alpha hydroxy acids to slough off flaky dead cells and comfrey extract to soothe skin. If your face is very dry, she suggests **OLAY TOTAL EFFECTS 7-IN-1 ANTI-AGING NOURISHING CREAM CLEANSER** (\$9 at drugstores). This extra-emollient wash won't strip skin of precious oils or leave it feeling parched.

a moisturizing sunscreen

Kauvar enjoys skiing, and when she hits the slopes, she coats her skin with **NEUTROGENA ULTRA SHEER DRY-TOUCH SUNBLOCK SPF 70 WITH HELIOPLEX** (\$10 at drugstores). "It blocks UVA and UVB rays," she says. "And it's absorbed quickly." For everyday moisturizing plus sun protection, she uses **AVEENO POSITIVELY RADIANT DAILY MOISTURIZER SPF 30** (\$14 at drugstores). It contains glycerin and panthenol, both great hydrators, and it's oil-free, so it won't trigger breakouts.

a vitamin serum

After cleansing, Kauvar breaks open and smooths on an **ALYRIA ANTIOXIDANT CAPSULE** (\$80 for 50, www.alyria-med.com for locations). It offers light moisture and "is antioxidant-packed to prevent aging and damage," she says. For sensitive skin, try **SKINCEUTICALS PHLORETIN CF** (\$150, www.skinceuticals.com), a gentle formula with vitamin C.

a proven line smoother

At night, Kauvar uses **RETIN-A MICRO** or **TAZORAC** (by prescription, www.retinamicro.com and www.tazorac.com for info). "Retinoids stimulate collagen production and soften the look of wrinkles," she says. For an over-the-counter version, she suggests **ROC RETINOL CORREXION DEEP WRINKLE NIGHT CREAM** (\$20 at drugstores).

tip Come winter, scan labels for the best moisturizers: Glycerin and hyaluronic acid are ideal for hydrating the face.

body essentials

Temperature changes, brisk winds, or just a lack of humidity will sap skin of moisture, so Kauvar counters with these heavyweight creams. She also avoids washing with hot water and keeps bathing time to a minimum.

a rich lotion

After toweling off post-shower, Kauvar applies **AVEENO STRESS RELIEF MOISTURIZING LOTION** (\$7 at drugstores). It contains petrolatum plus colloidal oatmeal to stave off itchiness.

For extremely dry skin, try **MOISTUREL THERAPEUTIC CREAM** (\$8 at drugstores). It's brimming with petrolatum and glycerin for intense moisturizing, and dimethicone, which easily coats rough skin. "I like its silky feel," says Kauvar.



emollient balms

When it's very cold out, Kauvar carries **AQUAPHOR HEALING OINTMENT** (\$5.50 at drugstores) in her purse. "It soothes cracked skin and cuticles. I even put it on my eyelids if they feel chapped from the wind," she says. To protect her lips, she uses **LIPCOTZ SPF 45** (\$9, www.totalblock.com). With moisturizing vitamin E and titanium dioxide, a sunblock, it protects against dryness and sunburn, which happens even in the dead of winter.

a hydrating cleanser

"Body wash needn't be expensive," says Kauvar. She likes **OLAY AGE DEFYING BODY WASH WITH VITANIACIN** (\$8 at drugstores), a rich liquid that contains skin-saturating shea butter. For sensitive skin, she prefers **DOVE SENSITIVE SKIN UNSCENTED BEAUTY BAR** (\$2.50 for two at drugstores). Hypoallergenic and fragrance-free, it won't irritate.

luxé creams

Kauvar washes her hands "at least 50 times a day," so she always follows with **CETAPHIL THERAPEUTIC HAND CREAM** (\$6 at drugstores). Its glycerin and shea butter help prevent chapping. Before bed, she puts **EUCERIN PLUS INTENSIVE REPAIR FOOT CREME** (\$5.50 at drugstores) on her feet. "The alpha hydroxy acids soften calluses," she says.

click The doc is in
For more of Kauvar's winter skin-care favorites, log on to www.realsimple.com/dermatologist.