



beauty

This will be your winter of great skin

Whether cold in your part of the country means subzero temperatures or a "chilly" 60 degrees, we have the specific, expert-designed skin-care plan that'll help you weather it gorgeously.

BY KAYLEIGH DONAHUE HODES



High altitude in the Mountain States

"UV levels increase about 10 percent for every 3,300 feet you go up in altitude," says Joel Cohen, M.D., director of AboutSkin Dermatology and DermSurgery in Denver. "Add snow, which reflects and intensifies UV rays, and you're at *major* risk for aging skin damage." To stay protected...

Use an antioxidant serum in the a.m. It'll help your skin fight off the UV-induced free radicals that cause wrinkles, spots, and skin cancers. "Potent antioxidants include vitamin C, vitamin E, and ferulic acid," says Cohen. Kiehl's Powerful-Strength Line-Reducing Concentrate, \$58, has vitamin C.

Reapply sunscreen throughout the day.

That broad-spectrum, SPF 30 sunscreen you smooth on in the morning starts to break down by lunch. "And since sun exposure through windows is every bit as damaging," reminds Cohen, reapply with a powder SPF like Jane Iredale Powder-Me SPF 30 Dry Sunscreen, \$45.50.

Don't forget your lips. "We see a lot of nonmelanoma skin cancers develop there," notes Cohen. Keep lips safe with Sun Bum SPF 30 Lip Balm, \$3.99.

