

Top NYC Aesthetic Nurse Jane Scher Shares her Winter Skin Survival Guide

As you well know, winter can wreak havoc on your skin. Dry heat and plunging temperatures can make it seem as if dull, dry and clogged skin will never go away! Thankfully, today's skincare pros know the secrets to ensure you'll survive the cold winter months gorgeously! New York City-based Aesthetic Nurse **Jane Scher RN BSN** is sharing four essential winter beauty tips to help you survive the remaining chilly months ahead.

- **Moisturizer:** In cold weather, the skin has a higher tendency of becoming dry and dull-looking. When the temperature outside is freezing, the skin's pores shrink considerably, which causes heat to accumulate inside the skin, resulting in oily and clogged skin. Without the proper skin care measures, this condition can lead to outbreaks of redness, rashes, and acne. Moisturizers are great against the dehydrating effects of winter. For the face, Jane recommends **EltaMD AM Therapy Facial Moisturizer** for daytime and Elta MD PM Therapy Facial Moisturizer for nighttime. EltaMD AM Therapy moisturizes while it smooths skin texture and evens skin color and tone. EltaPM Therapy works to moisturize, restore and repair skin while you sleep.
- **Lip Balm:** Lip care is particularly important during the winter when it is easy for lips to dry out and become chapped. This can lead to bleeding and peeling which is not only unattractive, but can cause infection, discomfort and other problems. Regularly applying lip balm is the best way to ensure that the skin on your lips has enough oil and moisture to prevent cracking. Jane recommends **eos**, which is 95% organic, 100% natural, and paraben and petrolatum free. Packed with antioxidant-rich vitamin E, soothing shea butter and jojoba oil, eos keeps your lips moist, soft and sensationally smooth.
- **Humidifier:** Soothe dry skin by sleeping with a humidifier on through the night. In the morning, you'll notice not only that your face looks suppler but also that your hands and lips don't feel dry and dehydrated. Jane recommends the **Vicks Warm Mist Humidifier**. Keep the humidifier in the bedroom because that's where you're ideally spending eight hours a night sleeping. Go for a warm mist over a cool one, since it's closer to the natural skin temperature.
- **IPL Photofacial:** An IPL (Intense Pulsed Light) Photofacial is a 30-minute treatment that uses broadband light to treat a variety of skin conditions, including: sun damage, redness, uneven pigmentation, vascular lesions and even unwanted hair. One of the key reasons why IPL is popular in the cooler months is that it's a great way to remove dry patches from parched winter skin and overall rejuvenate. Jane strongly believes IPL treatments should be a part of everyone's beauty routine. Treatments cost around \$300-\$500 per session.