

# MODERN WOMAN

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*Michelle Obama*

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# Best Face Forward

Tips to protect your skin during the dry, colder months

BY STACEY ZABLE

The combination of cold outdoor air and dry indoor heating can make it challenging to keep skin wrinkle-free, luminous and hydrated during the winter. These products and top tips from dermatologists can help you put your best face forward:

## HAPPY HYDRATION

"Moisturize, moisturize, moisturize," stresses Marie Jhin, a board-certified dermatologist at Premier Dermatology in San Carlos, Calif. Among Jhin's top picks is **CeraVe Daily Moisturizing Lotion** for normal skin and **CeraVe Moisturizing Cream** for those with dry skin. "It helps reinforce the skin barrier."



## KEEPING IT CLEAN

Jhin also likes gentle cleansers, including **CeraVe Hydrating Facial Cleanser** for normal to sensitive skin. Spey says exfoliation is one of the key elements to radiant, healthy skin. She adds: "It is important to do this gently, especially in the winter, as the skin is more prone to chapping and irritation." She personally uses **SkinMedica AHA/BHA Exfoliating Cleanser**.

Nourishing the skin is important all year round, says Deborah R. Spey of Schweiger Dermatology Group in Livingston, N.J. She recommends using **SkinMedica TNS Advanced+ Serum**, which contains growth factors and peptides, for "both morning and night, after cleansing."



And don't forget about your lips. Spey's favorite product is **SkinCeuticals Antioxidant Lip Repair**. She says it has two powerful antioxidants that attract and retain water to rejuvenate dry, chapped, irritated lips.



## PROTECTION FROM THE SUN

The most important thing you can do year-round for your skin is to apply daily sunblock, says Jhin. "Even a small amount of exposure adds up and can lead to skin cancer, sun damage, wrinkles, pigmentation and aging skin." Jhin recommends **EltaMD UV Clear Broad-Spectrum SPF 46** for acne-prone skin, **EltaMD UV Lotion Broad-Spectrum SPF 30+** for the body and **EltaMD UV Physical Broad-Spectrum SPF 41** for individuals active in sports.

## HEALTHY INSIDE

"What's happening on the inside can affect the appearance on the outside (of) your skin, hair and nails," says Jhin. "Therefore, it is so important to stay healthy by eating good foods, drinking plenty of water, sleeping well, not smoking, exercising and limiting stress."

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