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## Best products for dry skin

Source: Real Simple

Keep your skin soft and supple with a customized plan for hands, feet, body, and face

## Products for Somewhat Dry Skin

Your skin may start to feel tight even before you notice visible symptoms, like mild flakiness, says dermatologist Alexa Boer Kimball. You need gentle products that hydrate without making your skin feel greasy.

On your face, use: Kiehl's Centella Skin-Calming Facial Cleanser (\$28.50, [www.kiehls.com](http://www.kiehls.com)). Avoid soaps, which strip skin's natural oils, says Ann Marie Cilmi, director of education and development for Bliss Spa in New York City. This soap-free cleanser has aloe and chamomile, which are soothing.

On your body, use: St. Ives Mineral Therapy Body Wash (\$5, at drugstores). With a moisturizing body wash, you can use less body lotion. Minerals like potassium help keep skin hydrated.

On feet and hands, use: Eucerin Plus Intensive Repair Foot Creme (\$5, at drugstores). The soles of the feet lack oil glands and require potent products. This one has glycerin, to hydrate, and alpha hydroxy acids, to exfoliate.

## Products for Dry Skin

When you're prone to moderate dryness, your skin might get scaly patches and feel itchy, says Arielle Kauvar, an associate professor of dermatology at New York University. You can afford to use richer hydrating products.

On your face, use: Shu Uemura Skin Purifier Cleansing Beauty Oil Premium A/I (\$72, available online at [www.shuemura.com](http://www.shuemura.com)). When mixed with water, this combination of safflower and corn oils forms an emulsion that removes dirt but won't clog pores.

On your body, use: Olay Body Wash Plus Body Butter Ribbons with Jojoba Butter (\$4, at drugstores). Drier skin does best with a body wash (not soap). With moisturizers infused in the formula, this one keeps skin soft and scale-free.

On feet and hands, use: Weleda Foot Balm (\$10, available online at [www.usa.weleda.com](http://www.usa.weleda.com)). With peanut oil and beeswax, this balm soothes itchy feet (a common concern with drier skin). Apply before putting on socks.

## Products for Very Dry Skin

"People with severely dry skin experience cracks and inflammation," says Susan Taylor, a dermatologist in Philadelphia. That means you need intensely hydrating products, like oils, creams

and butters.

On your face, use: Make Up For Ever So Divine Moisturizing Cleansing Cream (\$27, [www.sephora.com](http://www.sephora.com)). A moisturizing, tissue-off cleanser is your best bet, as it doesn't require water (which can dehydrate skin as it evaporates).

On your body, use: Sheaterra East African Shea Butter (\$14, call toll-free 877-427-6627). Shea butter helps keep cracked skin soft and pliable, so fissures don't get worse. This one has no chemical preservatives, which can be irritating to already compromised skin.

On feet and hands, use: Kerasal One Step Exfoliating Moisturizer Therapy Foot Ointment (\$6, at drugstores). With salicylic acid, this ointment sloughs off dead skin cells that dry out and crack. This allows the urea in the formula to penetrate deeper into the skin and seal in moisture.

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