

The balm before the storm

You change your wardrobe. Why not your skin-care strategy?

Think of your face as a landscape, and your skin-care products as the Environmental Protection Agency, albeit the EPA during a caring yet profligate Democratic administration. In summer, job number one is policing oil spills. In winter, your mission is hydrating your skin. Cold air outside and dry heat inside dehydrate skin cells, leaving your face susceptible to chapping and rashes. So use a humidifier in the bedroom to boost the moisture level. Your other moves: Change your razor blades frequently. Dab cologne, which contains skin-irritating alcohol, on your clothing rather than on your body. And make the following changes to your routine.

AMY LEVIN-EPSTEIN

Swap lotion for cream

Unless you have an acne problem or oily skin, you'll need an emollient-rich moisturizer.

Therapy Systems Intensive Therapy Rx (\$60), 800-733-8606, therapy-systemsinc.com

Avoid party fatigue

When après-ski turns into an all-night party, use an eye cream containing green tea (to reduce puffiness) and hyaluronic acid (to add moisture).

MenScience Eye Rescue Formula (\$33), 800-608-6367, menscience.com

Heal your lips

Your lips are the part of your face most vulnerable to sun damage and windburn.

Brave Soldier Lip Defender SPF 15 (\$8), 888-711-2728, bravesoldier.com

Ski with protection

Choose a wax-based, water-resistant sunscreen. It will protect against windburn and the sun but won't freeze on your face.

Kiehl's All-Sport "Non-Freeze" Face Protector SPF 30 (\$16), 800-543-4572, kiehls.com

Use a gentle cleanser

A soap-free cleanser preserves oils. "Unless you're a mud wrestler, there's no need to use detergent soap," says dermatologist Paul Jarrod Frank, M.D.

Baxter of California Face Wash (\$13), 800-421-3614, baxterofcalifornia.com

