



BEAUTY NEWS

COSMETIC & DERMATOLOGY
TORONTO & VEIN CLINIC

The Skin You're In (truncated version)

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10 tips for a great face

By Amy Verner

Canadian winters might be snow white, but they're not exactly the fairest of them all. Consequently, women across the country often hold mirrors up to their faces and see dry, chapped and sun-exposed skin. Such conditions are a reflection of the wicked-weather elements combined with an insufficient skin-care regimen. But, with 10 weatherproofing tips provided by a cross-section of Canadian dermatologists, this will be the winter to make your skin content, whether you cross-country ski or curl-up-on-the-couch your way through the season.

Blast Acne

Grey skies aren't gonna clear up—your acne, that is. Toronto dermatologist Dr. Fred Weksberg concedes that acne worsens in winter due to less ultraviolet light (incidentally, pulsed light is an effective treatment) and the increased use of pore-clogging moisturizers. But don't abandon your happy face altogether. Just opt for a hypoallergenic, non-scented moisturizer like La Roche-Posay Toleriane Protective Care. FLARE's pick: Avène Hydrance Optimale Light Hydrating Cream.

Sunny day

Exposure Temperatures are hardly tropical in Calgary, Canada's sunniest winter city, but look on the bright side: the chinook winds bring unexpected bursts of dry, warm air. This combination can, however, lead to skin damage. Dr. Weksberg recommends a nonalcohol-based moisturizing sunscreen, such as La Roche-Posay Anthelios, to ward off both dryness and sun exposure from light reflected off the snow.

Beat the clock

Until cryogenic freezing becomes a reality, nature's cold temperatures will do nothing to halt the aging process. But restorative ingredients such as Retin-A and alphahydroxy acids (AHAs) can cause drying and peeling for first-time users, regardless of the season, and winter weather can compound those effects. Though patients usually build up a tolerance, Dr. Weksberg says that, of the two, AHAs are less irritating.