

WIN A TRIP TO IRELAND, p.137

chatelaine

WOMAN TO WOMAN

Exercise changed my life: 3 inspiring stories

*Bright fashion
& beauty, best
new paint trends,
bold ideas for
your home*

Boost your mood with

colour

BONUS! BOOK EXCERPT



21

simple
recipes—try
one tonight

Spring fashion preview!

p.104

**CHATELAINE
INVESTIGATES**
How to
survive the
super-flu

**Assert
yourself
the right
way**

magic lotions

Put your hands together for moisturizers that soothe dry, itchy skin

BY TRACEY HO LUNG PHOTOS BY TRACY SHUMATE



As you may have guessed, Mother Nature (in charge of our cold, wind and low humidity) is the main cause for your dry skin – but she can't take all the blame. "Indoor heating, allergies and frequent bathing also contribute to skin irritation and dryness," says Dr. Vince Bertucci, medical director of the Institute of Dermatology & Cosmetic Surgery in Woodbridge, Ont. "We wash our hands daily, and some detergents and soaps remove dirt as well as our skin's natural protective oils," he says. **Some moisture savers** Pat wet skin dry (don't rub), wear non-latex gloves with cotton lining (no rubber!) when doing dishes, and apply lotion within three to five minutes after you shower or wash your hands. "Moisturizer is best absorbed when the skin is damp, as it helps retain some of the skin's own moisture instead of it evaporating," says Dr. Bertucci. >

* your hands

1 Olay Quench Rapid Repair Hand Lotion, 100 mL/\$8.
2 Lush Helping Hands Lotion, 100 g/\$15. 3 B. Kamins Maple Treatment Hand Cream SPF20, 100 g/\$42. 4 Lothantique Ginger Hand Cream, 75 mL/\$24. 5 Neutrogena Norwegian Formula Hand Cream, 50 mL/\$7. 6 göt2b Spa Hand Shake Hydrating Treatment, 200 mL/\$7. 7 Institut Karité Pure Shea Butter, 20 mL/\$10.

Excellent on dry cuticles, and it's small enough to toss into your evening bag!

* your body

Limit your use of hot water and keep bath time to less than 15 minutes. Apply lotion first to your legs, arms and stomach, where dryness can quickly set in. **8 Lubriderm Skin Nourishing with Shea and Cocoa Butter**, 480 mL/\$9. Petrolatum locks in water while glycerine, cocoa and shea butter help to moisturize. **9 Vaseline Nightly Renewal Lotion**, 423 mL/\$7. The lavender scent will help lull you to sleep come bedtime, while vitamins and grape-seed extract soothe the skin. **10 Keri Lotion Botanicals**, 450 mL/\$10. It absorbs super-quick and has a soft rosemary scent.

* your face

Moisturizers don't have to be sticky and goopy to keep your skin quenched. These go on as light as a feather but provide loads of moisture. **11 Dermalogica Skin Hydrating Masque**, 74 mL/\$48. OK, it's not a face lotion, but this gel mask with hyaluronic acid and amino acids keeps skin supple. **12 Olay Regenerist Perfecting Cream**, 50 mL/\$30. A terrific non-greasy moisturizer (with vitamin E and provitamin B₅) – and the price is great. **13 Lancaster Revolcanic Deep Moisturizing Gel**, 50 mL/\$46. Oily and combination skin can also lack water, and this gel formula offers relief – without the richness.

* your feet

"The skin on your feet and hands is thicker than the skin on the rest of your body, and is more exposed to the elements. Creams specifically for these areas need to be richer and thicker to be more effective," says Dr. Bertucci. **14 Crabtree & Evelyn La Source Extreme Foot Therapy**, 100 mL/\$27. Macadamia-seed oil and shea butter make this lotion a tad slippery, so wait for a time when you can slip on a pair of socks and enjoy a night in. **15 Eucerin 10% Urea Foot Cream**, 100 mL/\$18. It's unscented and provides immediate dry-skin relief. Plus, it leaves skin with a healthy sheen. **16 George's Special Dry Skin Cream**, 90 g/\$6. Created by a pharmacist in Calgary, the petrolatum makes it go on thick, but hands and feet stay moisturized throughout the day.

did you know...

There are three types of moisturizers. **1. Barrier creams** include petroleum jelly, shea butter, dimethicone and silicone that act as a protective film, preventing moisture loss. **2. Humectants** include hyaluronic acid, lactic acid, glycerine and urea that add moisture and store it in the skin. **NOTE** Urea and lactic acid may irritate sensitive skin. **3. Emollients** include almond oil, octyl dodecanol and isopropyl stearate to keep skin soft by filling gaps between cells with moisturizer.

