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## Put a little spring back into your skin: Winter months can leave your skin dry and flaky. Here's how to fight back

By **MARTHA ALEXANDER**

**PUBLISHED:** 18:08 EST, 3 March 2013 | **UPDATED:** 18:03 EST, 4 March 2013

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Scaly skin. Parched patches. Shedding flakes when taking off tights. Every woman occasionally suffers dry skin, particularly after a long, cold winter.

'Skin is naturally drier at this time of year owing to the combined effect of cold air outdoors and dry, centrally heated warm air indoors,' says cosmetic dermatologist Dr Sam Bunting. 'Water evaporates rapidly from the skin's surface, which stops cells from exfoliating properly — and they build up in unsightly clumps, leading to the dreaded flaking.'

Although genetics and age play a part in the our skin's condition, there are ways of stopping it getting scaly:



Spring is coming: Make your skin bloom after the harsh winter with our tips

### CHANGE YOUR DIET

What you put into your body can vastly improve the condition of the skin. 'Persistent dry and flaky skin can be a sign of inflammation of the gut,' says nutritional therapist Amelia Freer. 'I'll always focus on stomach health with clients with skin conditions and look towards an anti-inflammatory diet.'

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Amelia recommends eating healthy fats such as avocados, oily fish, nuts and seeds, which all provide an excellent balance of essential fats Omega 6 and Omega 3. She also recommends sipping between 1.5 and 2 litres of water throughout the day and says: 'After all, there's only one difference between a grape and a raisin — and that's water.'

## BE SUPPLEMENT SAVVY

Jo Travers, dietitian at The London Nutritionist clinic, says vitamin B is vital for healthy skin.

'Riboflavin (B2) and niacin (B3) have both been classified by the European Food Safety Authority as physiologically effective in the maintenance of normal skin. Good sources include whole grains, such as oats, barley and brown rice, and fortified cereals.'

Evening Primrose oil also helps hydrate the skin.

## DITCH THE SOAP

'Use a soap-free cleanser such as Aveeno Bath And Shower Oil (£7.99, Boots) in showers rather than baths,' says Dr Bunting. 'If skin is very scaly, then use an exfoliating cleanser that contains alpha hydroxy acids. I like MD Formulations Face And Body Scrub.' (£23.80, feelunique.com)

## USE OILS, NOT CREAMS

'I tend to stay away from heavy, cream-based formulas as they often do little more than provide a protective layer that sits on top of the skin,' says Space NK founder Nicky Kinnaird.

'Instead, I look for a preparation that soaks in. The formula of an oil allows it to penetrate deeper into the skin than an artificial moisturiser and hydrate for longer, especially if applied to skin that is still wet.'

Nicky advises using African Botanics' Marula Oil (£60) at night. 'It contains high levels of oleic (Omega 9) and linoleic (Omega 6) fatty acids that bind moisture to skin cells, improving skin hydration and moisture retention. I love the fact it absorbs rapidly, leaving no residue. Skin feels soft, not greasy.'

A cheaper alternative for soft skin is Johnson's Baby Oil, £2.85.

## HAVE A MASSAGE

If your skin is unmanageable, have a spa treatment designed for dry skin. The Comfort Zone Sacred Nature Body Ritual is a 45-minute oil-based treatment.

'We focus on breathing and start with a welcome ritual using an oil blend, because stress can cause dry skin to feel even more uncomfortable,' says therapist Sarah Russell.



**Pampering: A massage using shea butter can work wonders on dry skin**

This is followed by an all-over body exfoliation using Sacred Nature gommage (a soft, hydrating gel that removes top-layer skin cells without being abrasive). This contains jojoba beads, known as liquid gold, as a moisturising treat for skin.



**Better than soap: Oils like this one from Aveeno can keep skin hydrated**

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Actress is in Europe



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'We use Massage Sacred Nature Oil, which is rich in buriti oil, and shea butter is then worked into the whole body. Shea butter is fantastic for dry skin as it is full of lovely antioxidants and essential fatty acids,' says Sarah. Treatment (£60) is available at spas throughout the UK.

## HUMIDIFY THE AIR

Anna-Marie Solowij, former Vogue beauty director and co-founder of online cosmetics store BeautyMART, says dry skin is due to a combination of issues, including temperature-controlled indoor spaces.

'Place bowls of water near radiators and air conditioning units,' she says.

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Be careful with body oils! I nearly broke my neck having a shower while using one of these body oils. They make the bathtub very slippery and worse yet they help the dirt, hair etc in the water cling to the tub. You really have to scrub to get it clean afterwards. Now I shower and then put the oil on my skin and really does help. I use plain old cheap sweet almond oil and it works a treat.

- Kkat1949 , Victoria BC Canada, 05/3/2013 18:11

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Water softeners are also very good for helping with skin. I live in a hard water area (the South) and I've had very dry skin caused by eczema, but it's improved no end since I had a water softener installed. I don't think it works for everyone, but I'm pleased I tried it as I don't itch much any more and my skin is softer.

- shinyf13 , Ringwood, United Kingdom, 05/3/2013 16:21

Kardashian-style sex tape will get her 'a reality show'



World famous physicist Stephen Hawking performs Big Bang Theory theme song in surprise Comic-Con appearance



Lily Collins shows Comic-Con isn't just for geeky fanboys as she leads pack of glamorous women at annual convention  
Showing some midriff



There's a scene-stealer! Irina Shayk sizzles in skintight white dress to attend fashion show with belly-baring Chrissy Teigen



Stacy Keibler parades her slim pins in clingy black dress for chat with Jimmy Fallon... after revealing she got them insured  
Just like Heidi Klum



Melissa Joan Hart takes cameras inside the fun-filled nursery created for her son Tucker... with a little help from Disney  
Mother-of-three



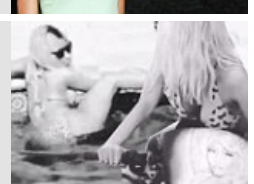
Hot wheels! Cee Lo Green drives around famous Sunset Strip in custom drop-top Rolls-Royce  
Not bad for a Friday afternoon



Denise Richards keeps custody of Charlie Sheen's twins... as troubled Brooke Mueller faces a long road ahead to win back her boys  
Charlie Sheen is father



Eat your heart out Miley! Swimsuit-clad Nicki Minaj shakes her curves as she provocatively Twerks in a swimming pool before straddling a motorcycle



She's a giver! Amanda Seyfried hands her beloved Australian shepherd Finn a treat and doles out donation to homeless man  
Generous star



Back to being a tomboy! Jennifer Garner returns home in plaid shirt and jeans... as glamorous MaxMara ad campaign takes off  
Down to earth star



Beach bump! Heather Morris bares her burgeoning belly as she splashes on the Malibu shore  
Expecting her first child



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Oops! Your\*

- Claire , Hampshire, 04/3/2013 12:09

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Babyoil is great if you put it on when you're skin's still damp. For the past six months, I've been mixing ground coffee, cocoa and a bit of honey with natural yoghurt (or whole milk in a pinch) and applying it every fortnight, my skin's never looked so good. Also for dry patches on your body, fill an old pop sock or cut up tights (clean, of course!) with porridge oats and hang it over the tap as the water runs. There's no need to spend a fortune to get good skin.

- Claire , Hampshire, 04/3/2013 11:10

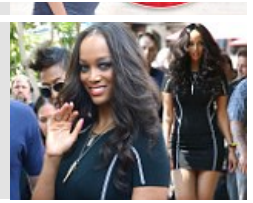
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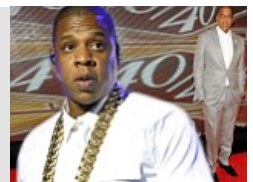


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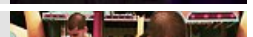
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After their honeymoon



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**gym in tiny shorts**  
The 42-year-old has been skipping the dessert tray on her show



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She does not have moves like Jagger...



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Criticised her weight and for being 'power-hungry'



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Brandi won't be pleased



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She's still wild at 57



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wrongful death trial  
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Goldberg's male body double revealed in Teenage Mutant Ninja Turtles as she films scenes with Will Arnett  
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Strong religious views



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Zoraida Sambolin  
pictured with her fiancé



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Flashback to 2003



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She's still locked in custody battle with her ex



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Claims heard in court



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The actor plays a police forensics expert



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As Kate waits for labor



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**Madonna touches down in London with youngest children Mercy and David in tow**  
The jet-setting mother traveled with her kids



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Couple divorced in 2011



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Enjoyed a cosy dinner with the West Bank Story director at Nobu in LA



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At German premiere



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A summer vacation to remember



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Justin Timberlake shows off his dance steps in monochrome outfit on set of new music video



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Aglamorous ensemble



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New Yorkers went crazy



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The actress had clearly been hitting the gym before shopping



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The reality star has his own parenting theory, which is a firm one



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Already a grandmother to Kate Hudson's kids



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She's been rehearsing non-stop for Chicago



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The Obamas left the President at home



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Their love made public



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Yoga is the secret to the 50-year-old's amazing figure



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Keeps moving forward



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The red headed family had a night on the town



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Partied with her mom



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He was blasted for objectifying women



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The Made In Chelsea lothario took The Hills star out in London



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Call the fashion police



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Trying to become stylish





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Cory Monteith's last video message released by the fan he met on final flight  
While mid-flight from Japan to Vancouver



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On set in Los Angeles



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Abling suit for the surf



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She tied the knot with Orlando Bloom in 2010



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The actress is now 23



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In his most high-profile role to date



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Bragged about his DNA to Liza Ghorbani



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Not exhibited before



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Media frenzy in London



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**engaged Kelly Osbourne leaves restaurant hand-in-hand with Ozzy after dinner alongside her fiancé Matthew**



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Couple in Beverly Hills



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No longer welcome in The Washington



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Set the record straight



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Saw a London show



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Both were in stark contrast to her flame-red hair



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She is famous for her sleek hair now



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How she gets her body



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Transformed into Liz



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Take her phone from her at your peril



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partying at an over 21 nightclub until early morning hours'



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Split from Henry Cavill



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Dramatic stage role



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Doting mom and diva



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Uses an apparatus called React machine



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Their hit show from '90s



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Fallon turned the actor into Aquaman



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It's been a good year



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Lost star looked glam



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It is not what it looks like

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Hart Of Dixie star was seen with star inkings



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The tiny 30-year-old rapper posted a sassy Twitter image



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Kim and Kanye just had their first child



▶ **Where are their bikinis?** Sara Sampaio and Jessica Hart swelter on the streets of New York as they shoot new Express campaign  
In 100 degree heat!



▶ **'Celebrating in Mykonos!'** Sofia Vergara heads out on the town as she delights in her fourth Emmy nomination  
The actress has also just turned 41



▶ **Didn't fancy your luxury room?** Rihanna remains inside tour bus for hours despite being parked up outside hotel  
Her work schedule has remained pretty full-on



▶ **Vanessa Hudgens kicks off her heels and gets her feet wet as she parties barefoot on the beach on Italian island**  
The actress was baring her belly on the sand



▶ **Zac Efron lets his preppy appearance slide as he steps out looking scruffy with a ripped T-shirt and his flies undone**  
Not a Hollywood look



▶ **'It's a great show... I'm on series two now!'** Harry Styles admits he's a Sex And The City convert after One Direction tour bus marathons



▶ **Makes a change from the limo!** Rosario Dawson races around the New York subway as she films underground with Chris Rock  
Took public transport





▶ **Getting in touch with nature: Backstreet Boys perform on a hilltop in their new video for A World Like This**  
The 1990s boyband are back in the charts



▶ **Time for a history lesson! Jay Z heads to England as he visits the inspiration of his album Magna Carta... Holy Grail**  
He's one of the world's biggest artist



▶ **Caped crusader Dita Von Teese cuts a stylish figure in dramatic black ensemble as she makes her way through the airport**  
The 40-year-old at LAX



▶ **The dream team! Former rivals Arnold Schwarzenegger and Sylvester Stallone join forces for special screening of their new movie at Comic Con**



▶ **Back to his roots! Harrison Ford returns to sci-fi as hard-bitten colonel as he releases Ender's Game trailer at Comic-Con**  
Joined pop culture event



▶ **'I know how it ends... I turn into a woman': Matt Smith speculates on how Doctor Who will die at Comic-con**  
He joked around with fans at the comic event



▶ **'Loved being a guest!' Kate Bosworth gives fans a preview of her fashionable appearance on Project Runway's premiere**  
She is a style icon



▶ **Wigged out! Chloe Moretz is transformed as she sports new bob hairstyle on The Equalizer set**  
She's kicked butt with short hair before



▶ **'I couldn't shift the love handles': Mom-of-four Kyle Richards on why she turned to plastic surgery to regain figure**  
Stepped out in an optical illusion dress



▶ **Fashion showdown! Hailee Steinfeld and Shailene Woodley find themselves going head-to-head in similar outfits at Comic Con**  
Monochrome madness



▶ **As Anna Chlumsky welcomes newborn Penelope, how the Greek word for 'weaver' became the new It baby name in Hollywood**  
She's Anna's first child



▶ **Retail therapy! Melissa Joan Hart celebrates**



her show's ratings win with a shopping spree for two in NYC  
Sabrina The Teenage Witch star treated herself



▶ 'I'd give you six and a half out of 10': Geri Halliwell's bedroom skills are rated by a Spice Girls fan... but it's just a joke for her new comedy show



▶ That's unfortunate timing! New sexy photo shoot showing Emma Roberts kicking and biting emerges following her arrest for domestic violence



▶ The mane event! Demi Lovato shows off Heidi-style plaits as she leaves hotel after performing in Philadelphia  
Singer in Pennsylvania



▶ Fancy footwork! Dancing queen Zendaya Coleman shows her strong core as she balances in funky green heels  
Displayed her grey hair



▶ Former Spice Girl Emma Bunton wears a floral green dress as she and Jamie Theakston swap radio for TV to present British morning show



▶ Maisie Williams ditches the Game Of Thrones rags in favor of a pretty black prom dress as she attends TV party with co-star Joe Dempsie



▶ 'My love tank is empty again': Real Housewives' Vicki Gunvalson ends her rocky romance with Brooks Ayers  
They have had a troubled relationship over 2 years



▶ Will Kim Kardashian debut her post-pregnancy figure on her mom's talk show? Kris Jenner ropes daughters in AGAIN after she's slammed by critics



▶ Why so serious? Reese Witherspoon looks solemn as she leaves yoga class in tiny shorts  
Reese Witherspoon, 37, appeared sombre in LA



▶ 'I can feel the weight going back on': Kimberley Walsh joins Cheryl Cole in sugar and booze ban to fight flab  
Former British pop band's weight woes



▶ Alyson Hannigan bonds with daughter Satyana as they enjoy a trip to the toy shop





The doting mom juggled her tot and their bag of goddies



▶ **'That is so evil!'** Giuliana Rancic laughs and cringes at early career footage showing E! News co-anchor reporting on brownies  
Watch the video here



▶ **'She's our miracle daughter':** Olympic gymnast Shannon Miller, 36, welcomes baby girl after ovarian cancer almost left her infertile  
Their first daughter



▶ **Paula Deen finds a reason to celebrate** as son Bobby Deen marries in Savannah  
She's been short on good news of late, after her racism scandal



▶ **Revealed: Kate Moss's subtle and stylish smart phone designs** for British cell phone company  
Model has designed a range of accessories



▶ **Casually cool couple:** Anna Friel shows off boho style as she and Rhys Ifans head out for date night  
Pair were seen arriving at Soho hotel in London



▶ **'I've fired several firearms... at funfairs':** Alan Partridge prepares for a hostage situation in new clip from Alpha Papa  
Upcoming UK comedy



▶ **BAZ BAMIGBOYE: Tom Sturridge can conquer handsome but heartless Troy!**  
Tom was nominated for a Broadway Tony award for the play Orphans



▶ **Women are such a funny lot (and more hilarious than men),** writes BAZ BAMIGBOYE  
Bridesmaids director wants more women to be funny on screen



▶ **Sombre Dianna Agron cuddles her new puppy** after sharing moving tribute to 'smart, generous and kind' Cory Monteith  
He was her Glee co-star



▶ **No wonder she can't stop admiring it!** Behati Prinsloo reveals her huge diamond engagement ring after Adam Levine's surprise proposal



▶ **Who does a 50-something divorcee ask for help to find a new man?** Her 90-year-old mom  
They're a mine of



information about men

▶ **A new day, a new shade! Jessie J swaps purple for blue as she sports another new hair color on tour**

She clearly thinks a new look is to dye for



▶ **'Finally ironic, yeah we really do think': Comedy writer and musician 'fix' Alanis Morissette song to make lyrics 'actually ironic'**

Listen to the song here



▶ **Has Andy Cohen been dyeing his hair - or is it just a trick of the light? Bravo host appears to be becoming a not-so-silver fox**

The TV host is 45



▶ **Is this the proof that Cory Monteith's heroin addiction stems back a year? Pictures from 2012 appear to show 'needle marks' on his arm**



▶ **Time for Summer Break! Vanessa Hudgens relaxes in two skin-baring outfits in one day on Italian vacation**

The actress has been relaxing on Ischia island



▶ **Feeling glum: Kristen Stewart dresses to match her mood as she arrives on LA Camp X-Ray set looking downcast in grey sweats**



▶ **Revealed: The blonde New York Times journalist who is suing Liam Gallagher for \$3m after allegedly having his love child**

Liza Ghorbani named



▶ **Sobbing Emma Roberts clings to Evan Peters as details emerge of their 'extreme' relationship in wake of domestic violence arrest**



▶ **My cutest accessory! Giuliana Rancic touches down with her bouncing brown-eyed boy Duke**

Giuliana Rancic, 38, wore all-black upon her arrival at LAX



▶ **Kevin Spacey's online series House of Cards makes Emmy awards history with nod for Best Drama**

Drama adapted from a 1990 BBC miniseries



▶ **American Horror Story, Game Of Thrones, Breaking Bad and 30 Rock lead the nominees at the 2013 Emmy Awards**

Ceremony is in Sept





▶ **My Girl has arrived!**  
**Anna Chlumsky gives birth to a daughter**  
Baby Penelope is the first for Anna and her 32-year-old entrepreneur husband Shaun So



▶ **My little pop star!** Robin Thicke and son Julian celebrate the release of their new single featuring the toddler's vocals  
Dad and son in NYC



▶ **Having a Marilyn moment!** Kate Moss gets the giggles as wind catches the skirt of her dress  
Kate, 39, was wearing a black prom dress



▶ **Who are you calling granny?** Newly grey-haired Rihanna steps out in a see-through string playsuit  
Asporty but sexy look



▶ **Topless Rihanna goes Rogue** as she strips down in new perfume ad  
The 25-year-old singer is trying to pump up sales for her new provocative scent



▶ **You'd never know she's a new mom!** Jenna Dewan cuts a trim figure in lace top as she returns to work just SEVEN WEEKS ago



▶ **Chris Evans' soap star brother Scott cleans up his act** by attending SIXTY Narcotics Anonymous meetings after drug arrest  
Completed his plea deal



▶ **They're not going to help matters!** Kris Jenner sports eye-catching leopard-print boots for her talk show... as she's panned by critics



▶ **She's not in hiding!** Reggie Bush and his Kim Kardashian lookalike fiancée leave their newborn at home for ESPY Awards  
Already lost baby weight



▶ **Military misfire!** Uniformed Kristen Stewart is upstaged by her sexy co-star Tara Holt on set of new movie Camp X-Ray  
Star was pictured alone



▶ **America's Next Top Model** finalist Renee Always seen battered and bruised in newly released police mugshot  
Palm Springs police release shocking photo



▶ **Taking the plunge!** Georgia May Jagger



**forgoes a top in favor of JUST a statement necklace as she attends Hudson Jeans bash**  
Model was in London



▶ **She calls him her rock. So what WILL Mrs Gallagher make of her boorish husband's new paternity wrangle?**  
Liam has been accused of having a love child



▶ **Er, that's not very zen! Jim Carrey heads to Iowa for meditation retreat... but ends up goofing around with high school baseball team at Burger King**



▶ **Star Trek's Zachary Quinto splits from Glee star Jonathan Groff... but pledges to 'remain friends'**  
Broke-up in Spring but has just gone public



▶ **She's his lucky charm! Michael Phelps goes public with girlfriend Win McMurry as he wins big at the ESPY Awards**  
She's a journalist for the Golf Channel



▶ **Save it for the bedroom Courtney! Stodden slaps her rear following a sex counseling session with husband Dough Hutchinson**  
Dressed all in white



▶ **The REAL reason behind Leah Remini's Scientology exit: King of Queens star questioned Tom Cruise and David Miscavige's 'weird' relationship**



#### Today's headlines

#### Most Read

- ▶ **Cara's VERY naughty aunty! Miss Delevingne may try to shock but she'll never match her great-aunt who slept her way through high-society**
- ▶ Beatrice the 24-hour party princess! Young royal wears the same outfit for two nights running ... seemingly WITHOUT going home
- ▶ **'I hope women love it as much as they love my bikinis!' Glamorous Myleene Klass vamps up in leopard print and red lippy to launch first ever make-up range**
- ▶ Christina Ricci: I was a 17-year-old fright fest! The actress on finding her style while growing up in front of the camera
- ▶ **The lonely generation: Late-life divorce. Husbands lost to dementia. Or marriages that are just empty shells**
- ▶ The star, the Newsnight girl and their (not-so) chic pregnancy look in the heat: Kate Winslet and Allegra Stratton keep cool in flip-flops
- ▶ **MORE HEADLINES**

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