

TAKE INCHES OFF YOUR HIPS (NO SQUATS!)

SHAPE
YOUR
LIFE

SEXY
ARMS
IN 2 MINUTES
A DAY

46 AND FAB!

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HARGITAY

"HOW I CURED
MY CRAZY SUGAR
CRAVINGS"

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HOW I
DROPPED
6 DRESS
SIZES

SNACK OFF
BELLY FAT

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BLOATED?
THE #1
THING YOU
CAN DO

SEXY
ABS,
BUTT &
THIGHS

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FAT BLASTS

THE BEST
SNEAKERS
READER TESTED!



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simple cures for dry skin

Put an end to itching, flakiness, and tightness—fast.

BY CARLY CARDELLINO

Apply lotion to damp skin to help seal in moisture



The basic facts

One of the skin's main jobs is to hold in moisture. The epidermis (the outermost layer) produces **lipids**—oily substances that limit the passage of water in or out of the skin.

When dry air strips away the lipid barrier, moisture escapes, causing **tiny cracks** in the epidermis. These allow allergens and bacteria to penetrate the surface, resulting in irritation, flaking, and—in severe cases—infection.



DRY SKIN

1. lipids
2. tiny cracks

contain cleansing ingredients like sodium lauryl sulfate remove dirt and bacteria, but they also rob your skin of hydration.

➤ **Medications** Certain prescription drugs, such as antihistamines, can also cause dry skin.

Topical creams containing retinoids (wrinkle- and acne-fighting vitamin A compounds) can be to blame as well.

➤ **Aging** As you get older, your oil glands

tend to produce fewer lipids, increasing dryness.

What triggers it

➤ **Dry air** Low humidity levels, cold temperatures, and indoor heating systems can all suck moisture out of the skin.

➤ **Long, hot showers** Standing under the water for more than 10 minutes can wash away skin-protecting oils. Additionally, soaps that

Simple solutions

➤ **Wash with lukewarm water** and a mild, gentle cleanser, such as Cetaphil Restoaderm Skin Restoring Body Wash (\$15; at drugstores).

➤ **Hydrate at night** Keeping a humidifier next to your bed adds moisture to your environment. Aim for 30 to 60 percent humidity.

WHILE ROUGH, DRY SKIN affects 30 to 40 percent of women yearly. It's still one of the easiest conditions to correct, according to Paul Friedman, M.D., a cosmetic dermatologist in Houston and NYC who treats women with this skin ailment daily. Follow his tips to heal—and soften—parched areas on both your face and body.



EXPERT STRATEGY If you've tried everything but don't see any improvement, ask a dermatologist to weigh in, says Paul Friedman, M.D., co-author of *Beautiful Skin Revealed*. "The dryness could be a symptom of a more serious medical condition, like eczema or psoriasis. If so, you may need a prescription steroid cream (like Diprosone) for the body or a milder formula (such as Locoid Lipocream) for the face."



try this!

Post-shower, smooth on Eucerin Plus Intensive Repair Enriched Lotion (\$12; at drugstores).