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Healthy Habits: Winter Skin Tips

Winter can wreak havoc on your skin. Dry heat and plunging temperatures can make it seem as if dull, dry and clogged skin will never go away! Thankfully, today's [skincare](#) pros know the secrets to ensure you'll survive the cold winter months gorgeously! New York City-based Aesthetic Nurse [Jane Scher RN BSN](#) is sharing four essential winter beauty tips to help you survive the remaining chilly months ahead.

- 1. Moisturizer:** In cold weather, the [skin](#) has a higher tendency of becoming dry and dull-looking. When the temperature outside is freezing, the skin's pores shrink considerably, which causes heat to accumulate inside the skin, resulting in oily and clogged skin. Without the proper skin care measures, this condition can lead to outbreaks of redness, rashes, and acne. Moisturizers are great against the dehydrating effects of winter. For the face, Jane recommends [EltaMD AM Therapy Facial Moisturizer](#) for daytime and [Elta MD PM Therapy Facial Moisturizer](#) for nighttime. EltaMD AM Therapy moisturizes while it smooths skin texture and evens skin color and tone. EltaPM Therapy works to moisturize, restore and repair skin while you sleep.
- 2. Lip Balm:** Lip care is particularly important during the winter when it is easy for lips to dry out and become chapped. This can lead to bleeding and peeling which is not only unattractive, but can cause infection, discomfort and other problems. Regularly applying lip balm is the best way to ensure that the skin on your lips has enough oil and moisture to prevent cracking. Jane recommends [eos](#), which is 95% organic, 100% natural, and paraben and petrolatum free. Packed with antioxidant-rich vitamin E, soothing shea butter and jojoba oil, eos keeps your lips moist, soft and sensationally smooth.
- 3. Humidifier:** Soothe dry skin by sleeping with a humidifier on through the night. In the morning, you'll notice not only that your face looks suppler but also that your hands and lips don't feel dry and dehydrated. Jane recommends the [Vicks Warm Mist Humidifier](#). Keep the humidifier in the bedroom because that's where you're ideally spending eight hours a night sleeping. Go for a warm mist over a cool one, since it's closer to the [natural](#) skin temperature.
- 4. IPL Photofacial:** An IPL (Intense Pulsed Light) Photofacial is a 30-minute treatment that uses broadband light to treat a variety of skin conditions, including: sun damage, redness, uneven pigmentation, vascular lesions and even unwanted hair. One of the key reasons why IPL is popular in the cooler months is that it's a great way to remove dry patches from parched winter skin and overall rejuvenate. Jane strongly believes IPL treatments should be a part of everyone's beauty routine. Treatments cost around \$300-\$500 per session.

ABOUT JANE SCHER RN BSN

Certified Nurse Injector Jane Scher RN BSN, based on the Upper East Side of New York City, specializes in Botox, Juvéderm, Radiesse, Perfect Derma Peel, VI Peel, Sclerotherapy, Inmode and [Body FX](#).

Jane obtained her RN [degree](#) and her Bachelor of Science in Nursing from Monmouth University. Jane is a member of the American Society of Plastic Surgical Nurses (ASPSN) and She has extensive experience in medicine, and has specialized in cosmetic and reconstructive surgery since 1971. She played a large role as a consultant and surgical nurse in two large plastic surgery practices in New York and New Jersey.

She co-founded and served as CEO of the American Plastic Surgery Center, where she has treated patients in Manhattan and the Tri-State Area for over 31 years. Her exposure to all aspects of care and her personal involvement with thousands of women and men seeking plastic surgery has enabled her to develop an appreciation and sensitivity to their needs and concerns.

You can learn more about Jane at <http://janescherrn.com>.