

Supple Skin, Shiny Hair

It's the thing that makes your skin glow, your hair soft, and every cell in your body work better. Here's what you need to know about getting—and keeping—moisture, from head to toe.

By Danielle Pergament

Moisture By the Numbers

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The Top Three

Most Effective Moisturizing Ingredients

Having one of these in your lotion (preferably listed right after “water”) will give you moisturized skin; two and you’re Jennifer Lopez (minus the *American Idol* contract).

Glycerin

Glycerin is a humectant, which means it pulls water from the atmosphere into your skin.

It plays nicely with all skin types. But it’s also fairly heavy, so glycerin is more common in body products, since your legs and arms can handle rich formulas better than your face. Good body lotions with glycerin are Eucerin Professional Repair Extremely Dry Skin Lotion (1) and Aveeno Positively Ageless Skin Strengthening Body Cream (2).

Hyaluronic Acid

Yes, it’s an acid, but it’s not an acid acid. Hyaluronic acid occurs naturally in your skin, and it can hold up to 1,000 times its weight in water—kind of like glycerin on speed. The most effective moisturizers contain pricey dehydrated hyaluronic acid (which swells up to retain even more water). Try SkinCeuticals Hydrating B5 Gel (3) and Lancôme High Résolution Refill-3X.

Ceramides

The skin’s natural lipid structure is made of ceramides, which is a smart way of saying they’re the fat that traps water beneath the surface. Without them, your skin cells dry up and shrivel. (Ceramide deficiency even contributes to eczema, says dermatologist David Horne.) We like CeraVe Facial Moisturizing Lotion AM With SPF 30 (4), and Elizabeth Arden Ceramide Premiere Activation Cream SPF 30 (5).



4 Things You Should Always Do in The Shower

Dermatologists tell you to keep your shower 1) short

and 2) lukewarm, which is fine if you’re a Navy SEAL. For the rest of us, there are easier—and more appealing—showering tricks.

SWITCH BODY WASHES. Your sudsy bar soap isn’t doing you any favors. Instead, you want a white, creamy nonsoap cleanser, like Dove Nutrium or Olay Ultra Moisture Body Wash.

SLATHER ON SHAVING CREAM. Shaving makes your legs more prone to moisture loss. You can give up shaving and join a commune, or use shaving cream, like Gillette Satin Care With a Touch of Olay.

WAIT THREE MINUTES BEFORE RINSING OUT YOUR CONDITIONER. The steam will make your regular conditioner behave more like a deep conditioner—it’ll penetrate deeper and make hair softer.

KEEP YOUR BODY LOTION IN THE SHOWER. While you’re still damp, lube up. This will let your skin hold on to all the moisture from the shower.

THREE Surprising Ways to Make Dull Hair Shine

Overstyling and overprocessing cause remarkably underwhelming hair. These products add back moisture—and, by extension, softness and shine.

1 MOISTURIZING SHAMPOO. This (temporarily) seals split ends and thickens hair. Look for shampoos that contain quaternium or cetrimonium chloride, like L’Oréal Paris EverStrong Reconstruct Shampoo.

2 HEAT-PROTECTIVE SPRAYS. Despite the ring of marketing hocus-pocus, these contain polymers that disperse heat over the hair, so

you’re not frying it section by section. Try Pantene Pro-V Heat Protection & Shine Spray.

3 IONIC BLOW-DRYER WITH 2,000 WATTS OR MORE. It will dry your hair so fast, there’s practically no time for it to overheat. Try the Turbo Power Twinturbo 3500. Be sure to hold the nozzle at least two inches away from your hair, and don’t use a brush with a metal core, which can burn your hair.

One Really Great Tip for Moisturizing

Rub a capful of safflower oil all over your body just before you apply body lotion. “It has linoleic acid in it, a fatty acid that the skin makes naturally to prevent dryness,” says dermatologist Amy Wechsler.



The One Mistake You're Probably Making Skipping Sunscreen

You know how the sun breaks down collagen and DNA and causes all kinds of problems for your skin? It's also incredibly drying. Wear a broad-spectrum SPF 30 every day and—presto—problem solved.

Four Deep-Conditioning Tips

Macadamia nuts, avocados, olive oil...you can safely assume that if it sounds good in a salad, it'll work wonders on your split ends. A few other tips:

- Read the directions—seriously. If it says to leave the conditioner on for five minutes, don't wait 15. You could wind up looking like a drowned rat.
- As soon as your hair is longer than, say, Michelle Williams's, you have damaged ends. Apply the conditioner from the middle to the tips. If you want to be an overachiever, use a wide-tooth comb so it spreads evenly.
- If you're in the shower, apply the deep conditioner once you wet your hair, and twist it into a loose knot. Then go about your regular shower. The steam from the hot water will make the conditioner all the more effective.
- If you're not in the shower, slather deep conditioner on damp hair, then wrap it up in a warm, dry towel. Or blast it with your blow-dryer. The point: Heat helps the conditioner penetrate.

THREE Tricks for Making Your Moisturizer Work Better

1 EXFOLIATE. "You've got to get off the layer of dead skin cells to allow hydration to penetrate," says dermatologist **Mary Lupo**.

Think of it this way: Would you rather do an oil painting on a smooth canvas or on sandpaper? Choose a mild chemical exfoliator that has a low dose of alpha or beta hydroxy acids, such as Dermalogica Gentle Cream Exfoliant.

2 RUB IT INTO DAMP SKIN. Pat your skin dry after you exfoliate, then work in your face lotion—that's the only way to seal in the moisture that's already there, says every single dermatologist.

3 PLUG IN A HUMIDIFIER. Your moisturizer works by drawing in water from the environment; ergo, the more moisture in the environment, the better your moisturizer works. Get a cool mist version—the warm ones are a pain to clean.

eight:

THE NUMBER OF
OUNCES OF WATER
YOU LOSE IN ONE DAY.

2

Moisture- Boosting Skin Supplements



Evening Primrose Oil

In addition to its cool, exotic name, evening primrose oil is an omega-6, which is great at restoring the skin's lipid barrier. Dermatologist Jeannette Graf suggests taking 1,000 milligrams a day, as well as piercing a capsule and rubbing the oil around the eyes, lips, and any dry areas.

Fish or Flaxseed Oil

Also known as omega-3s, these oils are the "building blocks for holding moisture in the skin," says dermatologist Francesca Fusco. Omega-3s have also recently been linked to all kinds of health benefits: They can actually extend the life of your cells and reduce aging inflammation. Just think twice before rubbing the oils on your skin—you'll smell like a sockeye salmon.

—ADDITIONAL REPORTING
BY ANNE-MARIE GUARNIERI

Four Great Hair-Oil Treatments

Oil is something you usually try to take out of your hair. But the newest hair oils are lighter than ever and can be used on all hair types (not just unmanageable ones). Hairstylist Nathaniel Hawkins explains how to slick them on. —CATHERINE Q. O'NEILL



FINE HAIR
Smooth two drops of Pureology Beyond Soft Precious Oil—with ultralight **sunflower-seed oil**—on the ends of dry hair to eliminate frizz without changing the texture or volume of your style.



MEDIUM TO THICK HAIR
Argan oil, found in Dove Nourishing Oil Care Anti-Frizz Serum, is best for hydrating dry hair, because it's rich in fatty acids. Squeeze two drops in your palm and add a splash of water, then comb through damp hair.



CURLY OR COARSE HAIR
When applied to wet hair and air-dried, the rich Amika Oil Treatment with **sea buckthorn berry**—an omega- and antioxidant-packed oil—will soften kinks and organize curls.



DAMAGED HAIR
Conditioning **mango oil** temporarily makes frayed hair feel and look healthier. Spray a few pumps of Klorane Mango Oil into your palms, rub them together, and run over your finished style.