

healthy you **BEAUTY**

IT'S ALL ABOUT CONSISTENCY

What differentiates cream from lotion, or balm from butter? Read on to find the softening solution for you.

BUTTERS have the consistency of, well, butter and usually contain a high percentage of shea or nut butters. They trap in moisture but can feel greasy. **COMMON SENSE SHEA BUTTER, \$10**

BAR SOAPS that are "super-fatted" are loaded with emollient ingredients. **CARESS MOROCCAN EXOTIC OIL INFUSION CREAM OIL BEAUTY BAR, \$3** (available in March)

CREAMS are thicker than lotions and well-suited to dry areas such as ankles, knees, elbows, and hands. **NIVEA CREME, \$5**

OILS are intensely hydrating, lightweight, fast-absorbing, and they seal in moisture. Great for extremities—arms and legs—or layered under lotion or cream. **NEUTROGENA BODY OIL, ORIGINAL FORMULA, \$10**

BALMS work to heal and soothe, and are good for cracked skin on the tip of nose, cheekbones, lips, and cuticles. **BADGER HEALING BALM, \$5**

LOTIONS contain the highest percentage of water and are good for all-over moisturizing. **CURÉL ULTRA HEALING MOISTURIZING LOTION, \$9**

HAND CREAM takes care of some of your body's thinnest skin, that of your hands. **JOHNSON'S SOFT LOTION EXTRA CARE HEALING HAND CREAM, \$5**

4 REPLENISH Invest in a cool-mist humidifier, which returns moisture to the air and into your skin. Drinking water will keep your body from becoming dehydrated, but it won't keep your skin moist; it's a common misperception that you can drink your skin's dryness away.

5 BE PROACTIVE "If you're still not seeing results, consult with a dermatologist for a patch test to rule out allergies or more serious skin conditions," says Dr. Gordon. "The new nonsteroidal prescription creams like Atopiclair or Mimyx are especially helpful for patients with conditions such as eczema or psoriasis."

SMOOTH FINISH

Almost half of all adults have patches of dry, bumpy "chicken skin"—a condition known as keratosis pilaris (KP). "Skin cells that should normally exfoliate from the body instead accumulate and plug hair follicles resulting in red, inflamed, crusty bumps on the back of arms or legs, and sometimes on the buttocks or cheeks," explains Audrey Kunin, a Kansas City-based dermatologist. There are several prescription treatments, but they don't address the inflammation and redness associated with KP. So Dr. Kunin developed two therapies that include glycolic, lactic, and azelaic acids; buffing beads; and green tea: **DERMAdoctor KP Duty Body Scrub with Chemical + Physical Medifoliation, \$44**; and **KP Duty Therapy for Dry Skin, \$36**