



YOUR CHANCE TO ASK THE DIVA

Dear Savvy Derm Diva,

What cleanser do you recommend for oily sensitive skin that won't be too drying in the winter? I've been struggling to find a good one if you have any suggestions.
-Seeking a Good Cleanser. Jen G.

Dear Seeking a Good Cleanser, This can be quite the challenge as the balance is vital for optimal skin function. The harsh winter months can wreak havoc in all skin types. Despite your skin type, it is crucial to utilize the correct cleanser as it is a great way to remove the debris of our skin that has collected throughout the day, such as make-up, pollution, and even excess oil and dead skin cells. The pH of our skin is more acidic at about a pH of 4.7. For oily complexions, I do recommend more of a foam type of cleanser with a higher pH.

Diva Faves: Epionce Lytic Gel Cleanser, La Roche-Posay Effaclar Purifying Foaming Gel Cleanser, you can even use a 5% Benzoyl Peroxide by Topix if you are acne-prone. Just don't forget your moisturizer and SPF.



Dear Savvy Derm Diva,

I note more dryness to my skin during the winter months, I know the weather can affect it but are there other things I should be aware of that can contribute to the dryness? *-Feeling Dry. Mark M.*

Dear Feeling Dry, Dryness can result from any number of things that can remove water from the skin. Dryness contributors include skincare products, weather, and bathing habits, to name a few. The cold, dry weather causes the skin to lose moisture, and to chap or crack. Products with alcohol such as skin toners, aftershaves can dry and irritate the skin. Lastly, hot water and prolonged bathing, which feel fantastic during the cold months, but can lead to increased water loss and dryness. It would be best if you also stayed away from things that can cause increased aggravation, such as scrubbing brushes, granular, or antibacterial soaps. Make sure you use a moisturizer at least once a day and apply within 3 minutes of getting out of the shower to lock in the water that your skin has soaked up.

Diva Faves: Thick creams are better than lotions. I love Avene Xeracalm cream, Epionce Renewal Calming Cream, and Cerave cream.

Renata Block is a Board Certified Physician Assistant specializing in Dermatology. She is the creator of Savvy Derm Diva, an online source for proper skincare.

DEAR SAVVY DERM DIVA,

A chance to "Ask The Diva" your skincare related questions, concerns, and even share your favorite finds with our readers!

WRITE YOUR SKIN RELATED QUESTIONS...
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