SKIN

The 18 Best Moisturizers for Dry Skin All Year Round

18 Slides

Here, we've rounded up skin-care expert-approved moisturizers to alleviate dry skin, redness, and irritation this winter and beyond.

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COURTESY OF BRANDS

As much as we love cozying up with a warm beverage and donning our cutest sweaters, the arrival of colder temps can do a number on skin, especially if you experience dryness or redness year-round. However, incorporating the right moisturizer into your skin-care routine can help minimize flaking and irritation, creating a healthy glow with or without makeup. "People prone to dry skin should look for moisturizers that contain ingredients that prevent water loss and repair the skin's moisture barrier," aesthetician (and founder of her own skin-care range) Renée Rouleau tells *Allure*. "This is important year round, but especially during the harsh winter months when dry skin can be even more sensitive."

However, once you've found your go-to hydrator, you may find that making small adjustments to your daily routine can make a world of difference. "If you struggle with redness or irritation, it's important to be thoughtful about how you are cleansing your skin," says New York City-based plastic surgeon Adam Kolker, who recommends patients use "cool water or lukewarm water" to avoid exacerbating any dry patches or redness. As for how to make the most of your product? Another expert tip is to layer them in order of lightest to heaviest in texture. "A serum and a cream have different functions, and therefore [different] molecule sizes," explains New York City dermatologist Dendy Engelman. "A serum placed on top of a moisturizer will not allow the serum to be fully absorbed since the smaller molecules cannot penetrate the larger ones. Start the products with the lightest consistency like toner, followed by serums and ampoules. Next, are any prescription topical treatments, lotions, creams, and finally sunscreen." Ready to ramp up your hydration game this season? The below 18 editor- and dermatologist-favorited moisturizers for dry skin are a good place to start.

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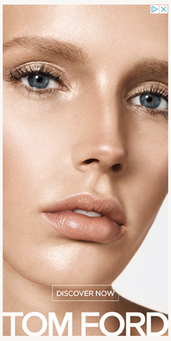
Avène Eau Thermale XeraCalm A.D. Lipid-Replenishing Cream

Avène Eau Thermale's intensely moisturizing XeraCalm A.D. Lipid-Replenishing Cream is so good, it took home a Best of Beauty award...three times in a row. Packed with I-modulia (a proprietary concoction of lipids, amino acids, and sugars), omega-6, and glycerin, the fragrance-free cream supports a healthy lipid layer, helping skin retain moisture and heal over time.

$33 (Shop Now)



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CeraVe PM Facial Moisturizing Lotion

Ceramides are some of the most effective ingredients to incorporate into a skin-care routine due to their ability to retain moisture and improve your skin's barrier function. "Environmental factors can disrupt the lipid layer of the skin, which locks in moisture and acts as a barrier against pollution and bacteria," says Engelman. "Ceramides help to restore the skin's barrier by holding the cells together. As a result, skin feels smoothier, plumper and more moisturized." CeraVe's PM Facial Moisturizing Lotion, which also contains niacinamide and hyaluronic acid, delivers serious hydration without breaking the bank.

$13 (Shop Now)