Don’t Be A WASHOUT

Your shower routine may be Drying out your skin. Here’s how to revamp it.

AVOID long, steamy showers: “The combination of heat and pressure zaps the natural oils from your skin,” says Dr. Karcher.

→TRY a gentle, conditioning body wash like Dove Deep Moisture Body Wash with Nutrium Moisture, $4.

AVOID Vigorous towel-drying and rubbing once you get out of the shower.

→TRY blotting your body gently with your towel and applying cream while your skin is still damp. This helps seal in water. Try Vaseline Sheer Infusion Lotion, $6 or Jergens Sensitive Skin Relief, $6.