

## 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.

