

# REAL SIMPLE

## 13 Genius Solutions for Dry Hands

Women who work with their hands all day long hand over their favorite skin products.

By Colleen Sullivan

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### Aesthetician

"Because they're often overworked, I get acupuncture on my hands twice a month to improve and maintain flexibility, along with a twice-monthly hand massage to reduce tension. I also apply a hand cream containing 5 percent moisturizing urea—Natura Bisse Essential Shock Intense Hand Cream (\$50; [amazon.com](https://www.amazon.com))—between washings to keep my skin soft and hydrated. It's fast absorbing and contains antioxidants and vitamins that help reduce my dark spots." —*Edyta Jarosz, licensed aesthetician, Fifth Avenue Dermatology Surgery & Laser Center, New York City*