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The Best Cold Weather Moisturizers for Every Skin Type

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BY ELLE.COM

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Your wool-blends and knits aren't the only items that should be getting heavier with the colder months. Your face moisturizers, too, should be thickening up to protect and quench your skin against the elements. Here, the industry's top skin experts reveal what key products and ingredients every skin type should layer on during autumn and winter.

If You Have Normal Skin...

When it comes to hydrators for normal skin, beef up your formula with the cream of the crop. "Products with a cream base tend to moisturize better in colder weather than lotions, and normal skin will be able to tolerate them without becoming oily," says dermatologist [Kavita Mariwalla](#), MD, who also advises steering clear of gels which may be too drying and ointments which may be too heavy. Instead, for daytime, Mariwalla suggests a cream with Vitamin C "to help manage antioxidant damage." Meanwhile, dermatologist [Paul Jarrod Frank](#), MD, stresses the importance of SPF. "Regardless of the temperature, you should always look for a product with SPF 30 or above for the day," says Frank.





If You Have Mature Skin...

Although mature types may have different needs in terms of dryness or sensitivity issues, Dr. Frank emphasizes that the one commonality between all mature complexions is the suggestion of an anti-aging routine. His advice, though, is to reserve anti-aging ingredients like retinols and AHAs for nighttime when they can't interfere with your daily makeup and sunscreen. He also recommends nightly use of the antioxidant vitamin E, which satiates thirsty skin, helps prevent aging, and stops damage from free radicals. Other ingredients Dr. Frank says to seek



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include grape seed extract that's rich in polyphenols and resveratrol, which help to brighten and even out skin tone. Lastly, look for natural elements that combat pigmentation like licorice.

Caudalie Premier Cru Cream

Moisturizers for Mature Skin
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