

# 12 Beauty Hacks for the Polar Vortex

When the weather outside is frightful, your skin is almost never delightful. Instead, it becomes rough, flaky, and a little dull — adjectives no one has ever used to describe Beyoncé. We talked to several celebrity makeup artists and dermatologists for their best advice on how to tweak your usual makeup and skin-care routine for winter climes, even extreme ones like a polar vortex.

Here's why all of them suggested you load up on a face oil, some tips for the face oil-averse because it's good to have choices, and how to keep your skin moisturized and protected when you're outside.

## 1. Oil Up

It's a small distinction but important to note that face oils do not moisturize. Their benefit is that they're occlusive and emollient. As celebrity dermatologist Dr. Paul Jarrod Frank says, "The bad news is that face oil doesn't penetrate the skin. But the good news is that it can give you a glow and add a protective layer from wind and outside forces. But it won't hydrate the same way a cream or ointment would."

## 3. Don't Use Hot Water

Whether you're washing your face, hands, or body, don't use hot water. "Water is not hydrating to your skin. It can be the enemy if you have dry skin. It's the natural oils that you want," explains Dr. Frank, and water washes natural oils away.

## 4. Moisturize Like You're on a Clock

"Pores are most open after [skin's] been washed. They're like mouths that are open to be fed, and it's best to do that on freshly washed skin," Dr. Frank says.

## 6. Try This Moisturizer Hack

If you're not into face oils, try this trick from Dr. Frank. To make your moisturizer work harder, add an emollient like Aquaphor as a base skin-care layer. Follow up with another cream moisturizer on top.