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13 beauty products that are essential to your winter beauty routine

- Winter often means dry skin and damaged hair but that doesn't have to be the case.

- During the winter, opt for **thick moisturizers**, hydrating lip balms, and hair masks.

- Exfoliation is important in the winter.

Winter weather often means you need to pay more attention to your beauty routine. Cold winter air, strong winds, and switching from frigid outside air to extremely warm indoor heat can all be harsh and unforgiving on your skin, leaving it feeling dry, flaky, itchy, and irritated, and even making it appear more dull than usual. The same conditions can do a similar number on your hair, leaving it more brittle and frizzy without any added humidity in the air.

INSIDER spoke with a bunch of beauty, skincare, and hair experts to find out exactly which beauty products are essential to your winter beauty routine.

A heavier moisturizer is the next necessity for dry skin.



You'll definitely want to switch out your typical moisturizer for something heavier that will really hydrate your skin.

Dr. Paul Jarrod Frank, celebrity cosmetic dermatologist and founder of PRFRANKMD, said, "Cold and dry winter weather results in a loss of moisture in the skin, causing it to dry out. This can lead to excessive redness, flakiness, and peeling. I always recommend using [Aquaphor](#) often as it provides an extra layer of protection for your skin. It's especially great in the winter and helps protect skin from the wind."