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A humidifier prevents dryness that can lead to itchy skin.

**WINTER DRY SKIN PREPAREDNESS**

To learn more about how you can stay AccuWeather Ready for winter, visit AccuWeather.com/Ready or tune into AccuWeather on Fios or DIRECTV.

Experts recommend soaking a washcloth in ROOM TEMPERATURE MILK and applying it to your face, holding it there for 15-minute intervals.

Using O’Keeffe’s moisturizing products can help keep skin cells hydrated and act as a barrier on the skin to prevent moisture loss. Moisturize your skin at least twice daily to prevent dryness and cracking.

Some experts recommend taking a bath or shower about 5 to 10 minutes in length with lukewarm water, rather than hot water.

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A humidifier prevents dryness that can lead to itchy skin.

Using a gentle exfoliating product about once or twice a week during winter will help rid the skin of its dead, dry and flaky top layer, bringing healthier layers to the forefront.