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# SELF

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## 12 winter skin truths

The year's coldest season is full of myths. Talking snowmen? Red-nosed reindeer? Turns out, there are also plenty of complexion misconceptions floating around. SELF thaws out chilly-weather beauty fables so you don't have to.

By Petra Guglielmetti  
Photographs by Terry Doyle

### beauty NEED TO KNOW

**[ MYTH 1 ]** You need to ditch your go-to face cream when it's nippy.

**TRUTH** You don't have to put your fave formula on ice. **Simply winterize it.** Unless you live in an extreme climate (say, the North Pole), your regular hydrator should hold up. But give it more oomph by applying a moisturizing serum first. Serums are lightweight, so they won't change your lotion's consistency. Plus, they penetrate deeply, delivering ingredients more effectively. Choose one with hyaluronic acid (such as Cygalle Healing Spa Sea Pearl Elixir, \$95), which plumps up cells by attracting water. If your complexion is extra arid, add a glycerin-rich overnight cream (we like Roc Multi-Correxion Night Treatment, \$25) to prevent dehydration as you snooze, which is when skin is most vulnerable to dryness.