



THE OPRAH  
MAGAZINE

SALAD SKEPTIC'S  
GUIDE TO ♥ING  
VEGGIES

DO YOU BELIEVE  
in Soul Mates?  
TURN TO PAGE 100  
AND YOU WILL!

When someone  
you love has a  
mental illness

HOW  
TO BEAT  
STRESS  
IN ONE  
EASY STEP  
PG. 112

O  
First-Ever  
Fashion  
Line

FLATTERING  
CUTE—AND  
JUST YOUR  
SIZE

**OPRAH'S  
ONLINE  
AUCTION**  
Her clothes!  
Her shoes!  
Your chance to  
bid & win!  
(All for a good  
cause)

# MAKE ROOM FOR A NEW YOU!

Clear your closet,  
lighten your load



# YOUR SKINCARE RECOVERY GUIDE

At the end of a long winter, **your skin needs a little R&R.** Even if you've been vigilant about moisturizing and protecting it, you're probably still familiar with the persistent cold-weather bugaboos: dryness, dullness, and rough patches. **Banish them with our doctor-recommended, no-fail solutions.**

## DRYNESS

**CAUSE:** When the air is less humid—indoors or out—moisture is wicked away from the skin, leaving it drier, says Jessica Weiser, MD, clinical instructor of dermatology at Columbia University. Irritants such as detergent and fragrance, as well as frequent washing, can exacerbate the problem, says

Emmy Graber, MD, president of the Dermatology Institute of Boston. And certain medications—water pills, for example—can cause or worsen dryness, as can some medical conditions, like thyroid disease, says Brooke Jackson, MD, medical director of Skin Wellness Dermatology Associates in

Durham, North Carolina. **SOLUTION:** Take only short, warm showers or baths of ten minutes or less; cleanse with a hydrating body wash; then moisturize, moisturize, moisturize, says Jackson. To avoid looking ashy, women of color should try layering: Start with an oil to form a hydrating film on the skin, and top that

with a thick lotion or cream to penetrate. Jackson likes coconut oil, but you can also use lotions with argan or almond oil, petrolatum, glycerin, hyaluronic acid or ceramides. Finally, it's important to drink enough water throughout the day so that your urine is a light yellow and to humidify your home, she says.