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It rubs the lotion on its skin meme

Among the many winter problems, including cold weather, perpetual grey skies, and rampant cold and flu viruses, is a particularly annoying and common occurrence. We're talking about dry skin. Not only does it look, ahem, less than flattering, but it can also cause itching and irritation, which is even worse. Now that it's December and temperatures are dropping, we feel like the air is slowly sucking the hydration out of our skin. So we've stocked up on moisturizing face masks, serums and night creams. But what about the rest of our skin? After all, taking care of everything from the neck up is not exactly a well-rounded or super effective skincare routine. That's why we put together a master list of the 11 body lotions that are most loved by Byrdie's editors. They've worked for us, and we're thinking they'll work for you, too. Kiehl's Creme by Corps Body Moisturizer \$11 Shop This body lotion strikes a balance between being moisturizing and non-greasy (which is the kind of goal, right?). The cream sinks easily into the skin thanks to shea butter and sesame oil. It also includes beta-carotene for an antioxidant kick because why not? Woodlot Amour Lotion \$22 Store This pink moisturizing lotion makes it easy to go without perfume. The first two ingredients are purified water and sunflower seed oil. Cocoa butter, olives and MCT oil are still far behind. Finally, you will see pink Damascus essential oil and black pepper essential oil complete the ingredients list. Votre Vu Tarte D'Amande Lotion \$28 Shop This Parisian body lotion is perfect for winter. It is made with a blend of richly moisturizing ingredients such as tropical nut oils such as macadamia, almond and coconut, grape seed oil, aloe and shea butter. It's also scented like almond cake, which may sound strange, but it's really amazing. The Honest Company Unscented Face and Body Lotion \$9 Shop For all of us who prefers unscented formula from time to time (or always), this jessica alba company, The Honest Co., is a good choice. It is soft to the baby's skin and provides instant hydration washing. Because it is lighter than other lotions on this list, it is a great product to mix with body oil for those times when our skin is super dry. Kos Paris Crome Fine aux 3 Thés Body Cream \$75 Shop KOS is a French skincare brand that made its debut in the state earlier this year. The company's skincare line is luxurious and effective. It also looks super chic sitting in our vanities. This body cream is moisturizing and anti-aging thanks to tea green and red. Apricot oil and shea butter sink into the skin without leaving any film behind. We're a little obsessed. (Just keep in mind, if you don't like the fragrance, you probably won't like the rich vanilla and floral notes we get from this formula.) Nubian Heritage Coconut & Papaya Lotion \$13 Shop If winter isn't your thing, look for this east body lotion, which smells of coconut and papaya. The first is super moisturizing and the second is full of vitamin c. In addition, papaya has natural exfoliating properties that help increase cell rotation. Basd Invigorating Mint Body Lotion \$25 Shop Here's your new favorite body lotion without cruelty and derived from plants. It is also free of parabens and not GMOs. In fact, it scored perfectly on Think Dirty, which is a platform that ranks beauty ingredients based on their safety and sweetness (it's similar to the GoodGuide app, which is informative and impressive and highly recommended). Glossier Body Hero Daily Perfecting Cream \$22 Shop If the opacity has you down, try this lotion from our favorite Millennial Pink brand, Glossier. It's moisturizing and not greasy. In addition, the coolest part of this formula is the tiny reflective particles of light inside. They make the skin look shiny and radiant without looking shiny. Kenzoki Sensual Bare Body Cream \$48 Store The texture of this body lotion is as luxurious as the price. Moisturize and nourish the skin with essence of the rice plant, belle de nuit, cupuau butter and fig. It is inspired by Japanese beauty rituals and perfumes smoothly like steamed rice (in other words, it is another great choice for people who don't tend to like traditional scented floral lotions). Lubiderm Advanced Therapy Body Lotion \$7 Store As far as we're concerned, you can't beat this lotion for the price. You have vitamin E and B5 along with essential skin lipids to soothe dryness and irritation almost instantly. The results also last. Even our driest skin, as on our elbows and heels, only requires one application per day. Grown Alchemist Mandarin and Rosemary Leaf Body Cream \$67 Shop Grown Alchemist is a natural and botanical-based beauty brand that makes some products truly amazing. In this particular lotion, expect to see mandarin, rosemary, jojoba, rosehip oil, wheat germ, and aloe on the ingredients list. It is organic and moisturizing and charming. Carolyn Jacob, MD, Director of Aesthetic Surgery and Dermatology at Chicago, not only treats patients with psoriasis, but manages her own. Jacob has been living with psoriasis since he was 14. Jacob's psoriasis mainly affects the scalp and nails, which can be difficult to hide. I hated it when I had scalp involvement, which showed flakes in my clothes and itching constantly, Jacob says. Embarrassed by her fingernails, Jacob used to paint them a color that masked her psoriasis symptoms. The National Psoriasis Foundation says that about half of all people with psoriasis will have symptoms that affect their nails, which include color changes, thickening of nails, nail separation, and the formation of holes or holes. An accessible skincare routineFor healthy skin, Jacob knows he has to keep his skin hydrated as much as possible. She uses CeraVe Cleaner, available at many pharmacies. Adds ceramides to the skin, which help rebalance the skin's natural moisturizing factor, he says. She follows that with the CeraVe lotion. Other daily psoriasis treatment tips Jacob offers his patients and are practiced include: Cleanse and moisturize the skin only once a day to avoid drying. Use a soft cloth or your hands to foam with cleaner; never use a loofah on your skin that is actively burning because rubbing and scratching could make your symptoms worse. If you have psoriasis on your face, Jacob advises not to use hard toners because they can be aggravating. During Chicago's cold winters, Jacob switches to a lighter lotion cream or moisturizer because it is more moisturizing for thirsty winter skin. For scalp psoriasis, it recommends over-the-counter favorites like Neutrogena T/Gel, DHS tar shampoos, or those containing salicylic acid (your personal selection is Neutrogena T/Sal.) For something stronger, he likes Clobex, a steroid shampoo that can be obtained with a prescription from his dermatologist. When Jacob's psoriasis becomes inflamed, he turns to a prescription avone product called Akérat cream because it contains exfoliants and softeners to soothe the skin. Daily treatment of psoriasis begins from Inside OutJacob knows that psoriasis and its treatments are more than just deep skin. It adheres to a healthy and balanced diet to help keep inflammation low and its symptoms in control. She eats salmon and nuts for omega-3 fatty acids, which can help reduce inflammation and promote better heart health. Jacob also takes omega-3 supplements for an additional boost. They are ideal for inflammatory conditions, especially psoriasis, and help balance cholesterol levels and improve skin texture, he explains. Heart-healthy supplements can be particularly beneficial as people with psoriasis are 58 percent more likely to experience a major cardiovascular event such as a heart attack, according to the National Psoriasis Foundation.Stress is also a trigger for psoriasis, so Jacob tries to keep it under control, particularly by exercising. With young twin children and a busy schedule, she has to make time to exercise. How does it fit? I get up early for exercise, so it's done for the day, he says. It is a prudent strategy that is supported by an August 2012 study of the Archives of Dermatology, which found that women who performed regular vigorous exercises were less likely to develop psoriasis. Another of Jacob's secrets: avoiding alcohol. It makes the and it makes psoriasis worse, he says. The National Psoriasis Foundation notes that alcohol can interfere with psoriasis treatments and causes side effects when combined with many psoriasis medications. In addition, alcohol can change You perceive and manage your stress, according to the National Institute on Alcohol Abuse and Alcoholism. Find what works for YouJacob psoriasis is now well controlled with biological medications, and she says her skin, scalp and nails stay pretty healthy. Your best advice? Work with your dermatologist to find the right treatment for you. The availability of biological drugs changed life, not having to deal with other messy drugs that don't work well, not stinging and having normal nails is wonderful, he says. This type of treatment makes me feel like a normal person again! Christmas with HGTV for every apartment home! DIY Have fun for your four-legged friend. 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