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## **Dry Itchy Winter Skin**

Winters in Chicago are notoriously long and cold. With that cold weather comes low relative humidity and very dry, itchy skin. Almost everyone suffers from this in one way or another. What to do?!!

1. Take a look at your soap. Are you using a deodorant or antibacterial soap? Are you using that "pure soap" that's supposed to make you look "fresh?" These are the biggest culprits. Buy yourself some moisturizing soap without color or perfume.
2. Do you take baths or showers? Do you believe in taking long, hot soaks to warm your bones in the winter? This practice strips the natural oils out of your skin. One should take short WARM (not hot) showers. If possible, only shower two or three times a week.
3. If you must shower daily, only wash the "hot spots" daily. Don't wash your entire skin because you'll strip the oils out. Think about it: If you are a construction worker you need to wash your whole skin daily, but a normal person just doesn't get that dirty!
4. Pat yourself dry with a towel. Don't rub and scrub.
5. Put a good moisturizer on your whole skin while it's still moist. This will help to lock in the moisture into your skin.
6. Moisturize again before bed!
7. Use a humidifier in your bedroom. (Don't forget to clean it daily and wash it thoroughly with dilute bleach once a week to prevent aerosolized molds).
8. If several weeks of following these recommendations doesn't work, discuss your itchy skin with your doctor!!!!

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