Protection



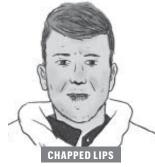
How to prevent: Use a hydrator to add water to your skin; this is a good way to prevent tight, flaky skin, even if yours is normally oily. *Try:* Eve Lom Intense Hydration Serum (\$82; amazon.com). How to treat: Go heavy-duty with a hybrid oil-serum, which adds lots of moisture. Try: Caudalie Premier Cru the Elixir (\$99; us.caudalie.com).



still get a burn when it's cold, especially if you're near snow or at high altitude, so keep reapplying a matte-finish sunscreen with SPF 30+. Try: Jan Marini Antioxidant Daily Face Protectant SPF 33 (\$49; janmarini.com). How to treat: Once skin is sunburned, you want to enhance its repair mechanisms. Try: Caudalie Vinoperfect Radiance Serum

(\$79; us.caudalie.com).

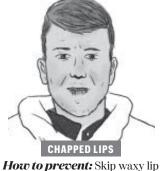
How to prevent: Yes, you can



How to prevent: Moisturizers form a shield over the skin's surface to protect it from the elements and lock in moisture. Try: 3Lab "M" Cream (\$280; dermstore.com). How to treat: Windburned skin is inflamed, and rich creams designed for stressed skin are the best way to calm it down. Try: Natura Bissé Diamond Extreme Cream

(\$345; naturabisse.com).

WINDBURN



as well as serum balms. *Try:* 3Lab Perfect Lips (\$45; amazon.com). How to treat: A rich, nonsticky ointment will give you the quickest relief. Try: Aquaphor Healing Ointment (various prices, sizes; amazon.com).

balms—they don't moisturize lips

THANKS TO DR. NOËLLE SHERBER, A DERMATOLOGIST AT SHERBER + RAD IN WASHINGTON, D. C.

THE **FACESAVERS**



COVER

Advantage: Impervious to the wind. Disadvantage: Can be tricky to get the breathing down right. Neofleece face mask (\$23) by Seirus; seirus.com.



BALACLAVA

Advantage: Total coverage. Disadvantage: "Did you just rob a bank?" Wool-blend face mask (\$30) by Chaos; chaoshats.com.



THE SCARF Advantage: Keeps

the wind out, looks great. Disadvantage: Tricky when it's windy. Cashmere-and-silk scarf (\$180) by Corneliani; corneliani.com.

SO YOU'VE GOT **HAT HAIR**

To minimize whatever hair catastrophe awaits you when you remove vour winter hat. **Esquire grooming** guru Rodney Cutler recommends stocking up on hair products with some weight to them. Pomades or gels are your best bet for exerting some control.



PRE-WINTER CHECKLIST

How to make sure you're ready when things start to cool down

- ☐ Go through existing sweaters. Purge the ones with egregious holes and bad stains. Dry-clean the wrinkled, worn-in rest.
- □ Take out boots. Clean, condition.
- □ Try on coats and jackets. Still fit? Any missing buttons or ripped linings? Proceed accordingly.
- ☐ Wool socks: Try on. Discard any with holes or tears and replace.
- ☐ Hats, gloves, scarf: Locate them. Assess them. And keep them handy when you need them.
- Remember, when things get really cold and you don't think you can take it anymore: Spring is right around the corner.



How to make sure you're ready when things start to heat up

- Store your existing sweaters. But not before purging the ones with unfixable holes and/or stains and dry cleaning the wrinkled, worn-in rest.
- Put away boots. But not before cleaning and conditioning.
- Hang up your coats and jackets. But not before assessing and repairing any damage.
- Put away your hats, gloves, and scarf. And tell your wife where you put them. Because you will probably forget.
- Remember, when it starts to heat up and things get uncomfortable: Winter is right around the corner.

