



CHOOSING A MOISTURIZER: LOTIONS, CREAMS, BODY BUTTERS

All body moisturizers consist of a combination of water and different types of oils and other emollient ingredients. For best results, select a moisturizer based on the dryness of your skin, climate and the body part that needs moisturizing.

Lotions

Perfect for lightweight, all-over moisture, lotions have a thinner consistency, are less greasy and absorb quickly. They're also most convenient, as they often come in a pump dispenser. Also, because they leave little residue, you can apply body lotion in the morning and get dressed without worrying about your clothes sticking to your skin. Choose a lotion for warm and/or humid conditions.

Creams

Thicker than lotions, creams contain more moisturizing oils. They are best for extremely dry skin and for those parts of the body that have fewer oil glands and tend to be drier, like the arms and legs. If you get acne on your chest and/or back, your skin is producing enough natural oils, so skip the body cream in these areas. Use a body cream if you see flaky skin, or if your skin still feels dry after using lotion. Body creams are also useful in the winter months and drier climates. To seal in moisture, apply body cream immediately after showering.

Body Butters

These have the highest proportion of oils and have the consistency of margarine. Common ingredients include shea, cocoa and/or coconut butter. They can be greasy and hard to spread, so are best for small areas of very dry, cracked skin. You may want to use body butter at night only to avoid leaving a greasy residue on everything you touch.