

## The Universal Plight Of Dry Office Skin (& How To Fix It)

There is an especially cruel kind of white-collar suffering that occurs mainly between the months of November to March, depending on the extent of your office supervisor's god complex. You're wearing tank tops under your sweaters in case you need to shed your otherwise seasonally-appropriate turtleneck, your keyboard is sticky with the [hand cream](#) you need to apply 10 times a day, your T-zone is oily and your cheeks flaky, and you have to stash eye drops and an extra pair of contacts in your drawer. It's dry office-heating-system season, baby, and it's the worst.

That doesn't mean you have to quit your job just to keep your skin moisturized (unless, of course, you want to). Improve your work-life-good skin balance with the expert tips and product recommendations ahead: They'll help you stay hydrated until the long-awaited March day that the heat finally switches off, and ensure you become a workplace hero in the meantime. Employee of the Month, here you come.



"During the night is the best time to use products that even out and refine the skin, as well as quench it with moisture," says dermatologist [Paul Jarrod Frank, MD](#). He recommends formulas that contain fruit acids, like this intensive night treatment, which pairs papaya, lemon, sugar cane, orange, and bilberry enzymes to gently slough away dead skin cells with shea butter, aloe vera, and hyaluronic acid to moisturize.



Dr. Frank stresses that thirsty skin still needs exfoliation — it just needs to be gentle, and work to shed dead skin-cell buildup without exacerbating dryness and irritation. "For skin that's feeling especially dry, a light application of Aquaphor is beneficial after exfoliating," he says.