

The Many Skin Benefits of Using a Humidifier, Especially in the Winter

Learn why humidifiers are a dermatologist-recommended winter skin solution.

Do I *really* need a humidifier in my bedroom? I've often wondered this, especially during the cold winter months when I'm guilty of cranking up the thermostat on the reg. So, I asked a few of New York City's top dermatologists and an allergy specialist to weigh in on all things humidifiers. What I didn't realize is that in addition to helping relieve sinus pressure [when you've got a cold](#), using a humidifier also has some serious skin health benefits.

What's the purpose of a humidifier?

"A humidifier allows us to control the environment, which is a great way to control the skin," explains New York City dermatologist Paul Jarrod Frank. "Skin is our largest organ, and heat is naturally very drying, so it's important to keep air hydrated."