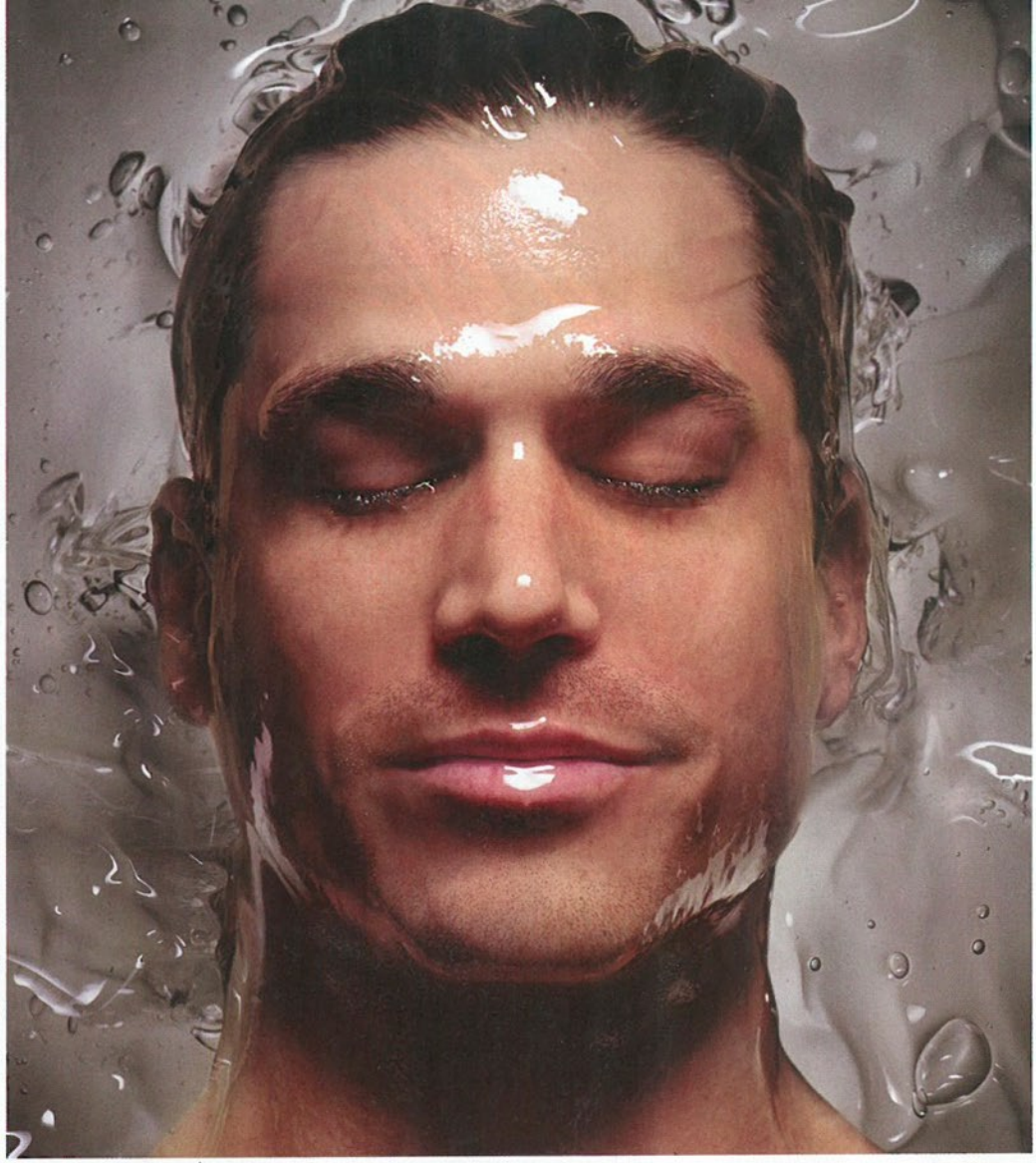
6 Slick Skin Savers

These oils are easy fixes for dry hair, parched skin, and chapped lips.

By Sandra Nygaard



If your body were a Porsche, then dry hair, fine lines, and rough skin would light up your dashboard—they're all indicators that you're low on oil. In fact, oil is the key to youthful skin and hair, according to dermatologist David Colbert, M.D. What's grinding your gears isn't just the hard mileage of a few late nights at work. It's also the harsh cleansers you use. "If you overwash your skin, it will age more rapidly," Dr. Colbert says. Switch to these milder products that won't dry you out, and roll back your odometer in the process.

Face Cleanser

What's the best way to clear your skin of excess oil? Believe it or not, it's more oil. "Oil loves lipid molecules," explains Terrence Keaney, M.D., a dermatologist based in Washington, D.C. So turn to a cleanser that strategically binds with the lipids found in skin and dirt debris, but won't dry you out. Antioxidant-rich argan oil will also leave your skin feeling smooth. *Burt's Bees Cleansing Oil, $16, burtsbees.com*

Conditioner

Many conditioners leave your hair feeling heavy and lifeless. But this product softens and strengthens without leaving your hair limp. The magic ingredient? Coconut oil. In research from India, people who used coconut oil in their hair every day saw significantly less breakage than those who didn't. *Bumble and Bumble Hairdresser's Invisible Oil Sulfate Free Shampoo, $31, bumbleandbumble.com*

Beard Oil

Your face can become irritated when it's dry, leaving it prone to nicks when you're trimming up. A beard conditioner fixes that problem, while antifungal ingredients, such as pine oil, go to work on dandruff. Finally, an oil-based emollient adds shine and softens bristles without getting stuck in them the way a cream-based lotion might, says Dr. Keaney. *Recipe for Men Beard Elixir, $23, recipeformen.com*

Lip Balm

No, it's not girly. Besides, this isn't the watermelon-flavored stick your girlfriend keeps stashed in her purse. A quality lip balm is packed with fats that are essential to keeping your smackers moisturized. This quenching balm trades the parabens and petroleum found in many typical sticks for natural ingredients such as coconut and olive oil. *Yes to Coconut Cooling Lip Oil, $5, yestocarrots.com*

Moisturizer

Think of moisturizing as a long-term investment. "Moisturizing regularly is like putting money in the bank," says Dr. Colbert. "As you get older, your skin will look better and better." Use a product that contains lightweight oils to quickly penetrate your skin. (Others just coat the surface, making your face look shiny.) This lotion contains 10 of them. *Jack Black MP10 Nourishing Oil, $32, getjackblack.com*

Anti-Aging Oil

A few drops of an anti-aging lotion on your face and neck each morning can help minimize wrinkles once they appear. You want plenty of peptides in there, along with antioxidants like vitamins C and E. This product's natural ingredients, such as jojoba oil and avocado oil, also go a long way toward keeping your skin looking bright and youthful. *Dr. Dennis Gross Triple C Peptide Firming Oil, $62, dgskincare.com*

Product photographs by MATT RAINEY

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