

BEAUTY > SKIN

5 Ways to Cheat Your Skin Into Thinking It's Already Spring



FEBRUARY 28, 2018 3:51 PM
by JENNA RENNERT



Spring is officially just a few weeks away—but from a look in the mirror, you may not know it. Outdoor temperatures remain in flux, indoor space heaters remain on full blast, and a season's worth of unpredictable clouds and vitamin D deprivation has left skin looking (to put it diplomatically) less than its best. Whether it's dullness, breakouts, dark spots, or an excess of oil, there's a semi-quick fix. Here, New York City-based dermatologist [Shereene Idriss, M.D.](#) shares her five ways to fake the healthy, fresh-faced glow of spring skin well before the equinox.

Reach for a Supercharged Face Cream

It may seem like a no-brainer, but for an instant boost, Idriss urges patients to layer on a thick cream. “Probably the least invasive thing you can do in the winter is apply a heavy moisturizer,” says the pro, who names [Vanicream](#) and [Dr.Brandt's Do Not Age](#) formulas as some of her favorites. Rather than switching to light serums before the weather actually changes, pick up something creamy with extra heft to deliver an instant surge of hydration and, in turn, a much-needed glow. New formulas like [Caudalie's Premier Cru Rich Cream](#) and [Royal Fern's Phytoactive Anti-Aging Rich Cream](#) are concentrated versions of their less intensive predecessors, infusing high levels of hyaluronic acid peptides to provide extra moisture. For a lighter feel, pick up [Olay's latest](#) featherweight moisturizer that's designed to restore skin's luminosity and minimize pore size, all with a breathable finish.