

## THE

## 22 Hand Creams You Probably Need Right Now

By Erica Smith and Jane Larkworthy | Photograph By Heather Hazzan

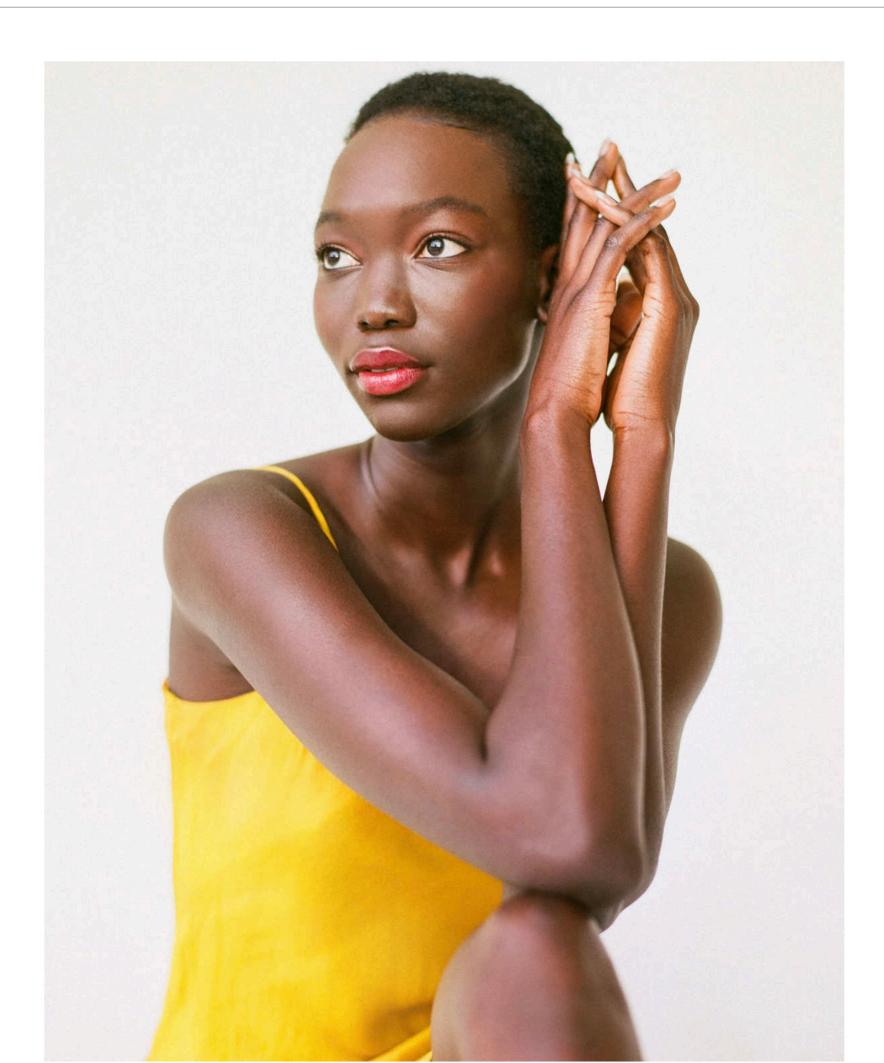


Photo: Heather Hazzan

t's not high on the list of <u>concerns about coronavirus</u>, but my hands are incredibly dry right now, and I bet yours are, too. The CDC <u>recommends</u> washing your hands frequently, "especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing." You should use soap and water, and you should take at least 20 seconds. All of this is a recipe for <u>dry</u>, cracked hands.

"Some people think they might be overdoing it with how often they're washing their hands now, but that's the amount of washing that you're *supposed* to do," says dermatologist Amy Wechsler, who washes hers (followed by a pump of Purell) between every patient. "I always apply moisturizer afterwards; it's a simple dry-skin-care step. Washing your hands removes skin's natural oils and breaks down its moisture barrier. If you give those oils right back in the form of a moisturizer, you can prevent the breakdown from happening."

Wechsler recommends keeping a humidifier nearby, using a gentle hand soap (she prefers fragrance-free Seventh Generation), and not using occlusive formulas, like Aquaphor, when hands are super-dry. "Formulas like that stay on the surface," she says. "You need something that penetrates." Read on for 22 hand creams that will do the trick.

## The Best Clean Hand Cream



Palm-Beach-based organic and natural facialist Tammy Fender created this cream from natural actives, like shea butter, sunflower oil, and a slew of flower extracts. The neroli fragrance is as soothing as Fender's spa — which is saying a lot.