

5 Celebrity Facialists Share Their Top Cold-Weather Skin Care Tips

By Ramona Saviss | December 17, 2015 | [Style & Beauty](#)

Heading to the snow for the holidays? Try these skin-perfecting cold weather tips and tricks from five LA pros.

Susan Ciminelli of [Susan Ciminelli Beauty Clinic](#): Eat Nutrient-Rich Foods During Winter



"I have my clients use the [Sensitive Skin Essential Oil Formula](#) and [Marine Lotion](#) before they apply the [Calming Cream](#) every day. Using the [Hydrating Gel Mask](#) over your night cream is an easy fix for weather-worn dehydrated skin. A humidifier is very important as well. Eat avocados a little more often as well as flax seeds, chia seeds, and bee pollen. The nutrients found in these foods are particularly good for winter skin."