WHAT'S YOUR PRIMARY ISSUE?

EXTREMELY DRY

DO YOU CONSIDER YOUR SKIN SENSITIVE?

YES

La Roche-Posay Lipikar Baume AP+ is rich in shea butter and safe to use on the whole family. The fragrance- and paraben-free formula immediately soothes itchy flare-ups and treats severe dryness. *$33, shoppersdrugmart.ca.*

NO

Moroccanoil Body Soufflé is a hybrid between body milk and body butter, penetrating quickly for a nourishing, soothing effect. It features argan oil and shea butter—both contain essential fatty acids that increase moisture and strength—as well as aloe vera to help support and protect the skin's barrier. *$52, moroccanoil.com.*

YOU'LL ALSO WANT TO CONSIDER...

YOUR AGE
Menopause can compromise the skin's protective barrier and cause irritation. **Vaseline Mature Skin Rejuvenation Lotion** contains glycerin to add moisture, while vitamin B$_3$ and microdroplets of Vaseline lock moisture in. *$6, shoppers drugmart.ca.*

YOUR HANDS
Vichy Idéal Body Hand & Nail Cream is an overachiever, with SPF 15 to protect, vitamin C to help brighten and diminish dark spots, and ceramides (waxy lipid molecules) to help hydrate the skin and nails. *$10, vichy.ca.*

YOUR TOOTSIES
The coconut oil, lanolin and vegetable glycerin in **Burt's Bees Coconut Foot Cream** help revive cracked skin. Apply before bed and lock in the gooey goodness with a pair of cotton socks. *$15, burtsbees.ca.*

NORMAL TO DRY

YOUR PREFERRED TEXTURE IS...

OIL   **LOTION**   **CREAM**

DO YOU PREFER ORGANIC?

YES

Éminence Apricot Body Oil is lush with vitamins A, C and E, which help increase the skin's elasticity. It also contains healing botanicals and nutrient-rich oils, such as sea buckthorn (to protect the skin's barrier) and jojoba (to nourish and hydrate). *$29, thefacialroom.ca.*

NO

Caudalie Divine Oil is a multipurpose dry oil that provides long-lasting moisture for the body, face and hair. The blend contains hibiscus, sesame, grapeseed and argan oils. *$57, caudalie.com.*

Aveeno Skin Relief Gentle Scent Chamomile Lotion is infused with the brand's signature oat complex, plus the added benefit of chamomile—both leave a light scent while calming skin. *$14, shoppers drugmart.ca.*

ITCHY & IRRITATED

DO SCENTED PRODUCTS IRRITATE YOUR SKIN?

YES   **NOT REALLY**

Bioderma Atoderm Intensive Baume stops itching and helps reduce the urge to scratch with PEA (a dermatological active ingredient), while its patented Lipigenium complex restores the skin's barrier. *$25, bioderma.ca.*

LOOKING FOR A RICH FORMULA?

YES

Eau Thermale Avène XeraCalm A.D Lipid-Replenishing Balm is great for atopic-prone skin due to an active compound called I-modulia, a complex that took 12 years to develop. It helps soothe redness, itchiness and irritation. *$27, shoppers drugmart.ca.*

NO

The Body Shop Almond Milk & Honey Soothing & Restoring Body Lotion protects the skin's barrier and fights uncomfortably tight and itchy skin with a silky-smooth, fast-absorbing formula that safeguards and restores sensitive skin for 48 hours. *$15, thebodyshop.ca.*

Kiehl's Creme de Corps has been around since the '70s for a reason: It's rich, nongreasy and jam-packed with antioxidant beta-carotene, squalane (an organic compound to protect the skin's barrier) and olive oil. *$38, kiehls.ca.*