

Glam

6 Skincare Resolutions Derms Want You To Make In 2022



Wear (and reapply) sunscreen daily

This is probably the dermatologist advice you hear most, and for good reason: Even on cold and cloudy days, the sun's harmful rays are still able to penetrate your skin and cause premature aging, unwanted pigmentation, and skin cancers, warns [Neda Mehr](#), MD, a dermatologist and medical director at [Pure Dermatology Cosmetic & Hair Center](#).

She recommends applying a sunscreen with at least an SPF of 30 every morning after brushing your teeth so you won't forget. (Here are [our top suggestions for every skin type](#).) Slather it on your face, neck, top of your hands, and any other area of skin that is exposed. "If you're really looking to be diligent, put a wide-brimmed hat by your front door and in your car, so if you're planning on being out longer than 10 minutes, you've got great physical protection," she adds.

Meditate while washing your face

The stress hormone cortisol is not kind to our skin and can exacerbate almost every skin condition you can think of, from wrinkles to psoriasis, vitiligo to hair loss, warns Dr. Mehr. “Research has shown that meditation can reduce anxiety and stress, so while washing your face in the morning and at night, do not rush to complete the task,” she says. “Take those few minutes to relax, be present in your body, and breathe deeply while massaging your skin — it will help you ‘wash off’ the worries from the day and get prepared for a restful nights’ sleep!”