julie chu,

28, A MEMBER OF THE USA WOMEN'S HOCKEY TEAM IN FAIRFIELD, CONNECTICUT

TOP TIP Shower smart. "A long, hot shower is great for relaxing my muscles after a tough training session, but it can strip my skin of its natural oils. So I limit myself to 15 minutes, shut the bathroom door to trap humidity, and always reach for a moisturizing body wash."

"MY MUST-HAVE PRODUCT" Olay Total Effects 7-in-1 Advanced Anti-Aging Body Wash ($6; at drugstores)

Exfoliating beads deep clean your skin

kaya turski, 22, A FREE SKIER FOR RED BULL IN MONTRÉAL

TOP TIP Go easy on your eyes. "I've noticed the skin around them is thin and delicate and tends to dry out. So I tap on a rich eye cream morning and night—it really helps plump up any little crinkles."

"MY MUST-HAVE PRODUCT" Clinique All About Eyes Rich ($29; *clinique.com*)

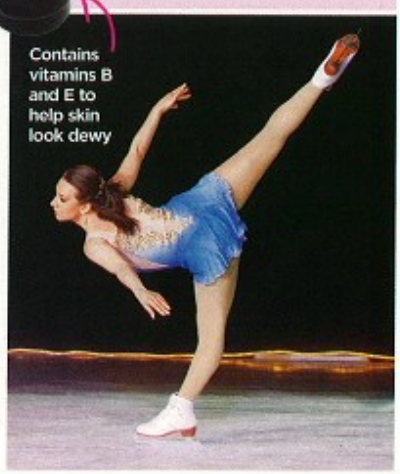
sarah hughes,

24, A FIGURE SKATER AND OLYMPIC GOLD MEDALIST IN GREAT NECK, NEW YORK

TOP TIP Double up. "I hate how ashy I look when I'm dry, so I've developed a foolproof moisturizing routine. First, I smooth on a body oil when I'm still damp from bathing. Then, I top it with a lotion that has a bit of sparkle in it to give my skin a glow."

"MY MUST-HAVE PRODUCTS" Kiehl's Superbly Restorative Dry Oil ($30; *kiehls.com*) and MAC Mineralize All-Over Lotion ($30; *maccosmetics.com*)

Contains vitamins B and E to help skin look dewy



This makes fine lines less noticeable

deena kastor,

37, A PROFESSIONAL MARATHON RUNNER IN MAMMOTH LAKES, CALIFORNIA

TOP TIP Opt for a serum. "I run at an altitude of 8,000 feet—it's cold and windy up there! My face gets very dry, so I use a serum with hyaluronic acid to make sure my skin stays hydrated."

"MY MUST-HAVE PRODUCT" Epicuren Discovery Moisture Surge Hyaluronic Acid Gel ($28; *epicuren.com*)

caroline george,

34, A ROCK AND ICE CLIMBER ON EDDIE BAUER'S FIRST ASCENT TEAM IN SALT LAKE CITY

TOP TIP Give your skin some TLC. "To help my skin soak up moisture, I steam my face with a warm, wet washcloth once a week. While the heat opens my pores, I use the cloth to slough away the dead layer. Then I spread on a rich night cream."

"MY MUST-HAVE PRODUCT" Clarins Super Restorative Night Wear ($120; *clarins.com*)

Look for creams packed with shea butter, like this one

COUNTERCLOCKWISE FROM TOP LEFT: BRUCE KLUCKHOHN; BRYAN BEDDER/GETTY IMAGES; DEBBIE HICKEY; EDDIE BAUER FIRST ASCENT/CELIN SERBO; ASICS AMERICA CORPORATION; FÉLIX RIOUX; JEAN-PIERRE CLATOT/GETTY IMAGES