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Whats new on your winter Skin Care Routine?



Combat your skin with these natural & quick tips to moisturize your skin in winter.

Trying your best to protect yourself against the harsh cold air? Are you treating your winter skin right so that you can age gracefully?

Your dewy glow can quickly fade into a dull and dry complexion unless you know how to tweak your daily regimen during winter months. Cold weather can have a damaging effect on your skin's elasticity as lack of hydration can cause your skin to dry out much faster and produce more wrinkles.

Dry skin is caused due to lack of oil, whereas dehydration is lack of water. There are many external & internal factors that can affect both these conditions like pollution, lifestyle, hormonal levels & ofcourse WINTER climate!!!

Follow these simple tips during winter days to keep your skin glowing.

Shorter the shower, longer the shine

In winter, you might be tempted to take long hot water showers or bath. But unfortunately, long showers can cause our skin to shed its natural oils & make it feel dry & rough. Try oil massage before taking a shower and keep it shorter. You may use – Grapeseed, coconut or even sesame oil—it will make the skin's surface soft and supple.

Use pH balanced cleanser for the face & body

Switch to more gentle cleansers during winter that don't strip away the protective layer of the skin. If the cleanser is pH balanced, it actually hydrates the skin while it cleanses.

Exfoliate to shine

It's a misconception that exfoliating during winter can make the skin more dry and sensitive. Dead skin cells can build up on the surface of the skin, making it look ashy

and dull. Use mild face & body scrub to exfoliate dead skin cells at least once a week. This will help with product penetration too.

Use Alcohol-free toner & moisturize

Just before moisturizing your face, use alcohol-free toner. This will trap moisture. Moisturise your body as soon as you step out of the shower and towel dry keeping it a bit damp. Moisturizer spreads more easily on damp skin. Use oil based night creams until winter ends as you will be fighting against aging too.

Do not underestimate the winter sun

It's easy to think your skin isn't at risk for sun damage in the winter. After all, most of us associate sun damage with the heat of the hot summer sun. But it's not the heat that's doing the damage. Sun-related damage, including premature aging, occurs as a result of the sun's UV radiation, and that's still pouring down, even when the weather is cold. Winter sun is as harsh as the summer. So don't forget to protect yourself from harmful UV rays by wearing a hat and sunglasses and minimizing midday. And of course using a good sunscreen is imperative.

Talk to a professional

It's important to use medical graded products than cosmetic products. The benefit of Medical grade products is product strength, research and clinical trials that they undergo. So it's a good idea to consult your dermatologist when choosing your home care products to keep your skin well hydrated and nourished during winter months.

Homemade scrub for winter

Soak a teaspoon of urad dal and 5-6 almonds overnight. Add 1 tablespoon of raw milk or cream & grind this to a fine paste. Apply this protein mask on face and wash it off after 20 minutes rubbing in circular motion. This mask nourishes the facial skin, removes dead skin, adds moisture and enhances the complexion.

Winter Face Mask

Cut one avocado in half and scoop out half of the avocado into a bowl. Mash with a fork, and add a teaspoon of almond oil. Apply to face, and allow to sit for 10-15 minutes. Remove the mask with warm, water. Avacado contains vitamin B, vitamin E, and amino acids. It is rich source of essential nutrients that soothe and moisturize your face.

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