

WINTER SKIN SURVIVAL

Belinda Kropach, CIDESCO, CIBTAC, Living Nature



During winter months skin needs extra care and nourishment. Exposure to cold outside temperatures is exacerbated by heated air indoors and long hot showers. What can you do to survive the winter skin blues?

Exfoliate

As it gets colder your

skin can become drier, flaky and more sluggish. To compensate for this, increase exfoliation to 2–3 times per week. Look for products that contain natural fruit acids, like Manuka Honey, that will gently dissolve dead skin and boost hydration levels.

Feed your skin

Taking a supplement such as fish oil or flaxseed oil will help feed your skin from within; enhancing the work of your chosen skin care products. Regardless of your skin type, it is important to boost the level of nourishment you give your skin over the winter months. Choose a moisturiser that has a richer texture, or once a week, substitute your night cream for a hydrating gel mask or nourishing mask and leave it on overnight. 100% natural plant based products work in synergy with your skin providing better quality nourishment. A bit like choosing fresh fruit and veggies over fast food!

Protect

We protect our bodies from the cold with layers of warm clothes, hats and gloves, but what about our skin? Adding extra steps or layers to your skin care regime can add essential hydration, nourishment and protection. For example, after cleansing use a hydrating serum or mist, then moisturise, topping it all off with an SPF 15+. A natural mineral sun protector acts like a shield for your skin, locking in all the nourishment and reflecting away the harsh environmental conditions.

These are just some of the things that you can do to help your skin survive the winter. For more information and help in making your product selection, talk to the staff at your local Health 2000.