

8 TIPS FOR

Healthy Winter Skin



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Winter can be very damaging to your skin, making it dry, itchy and irritated. Cold, windy conditions outside can leave you feeling raw, while the heat indoors can increase dryness. However, there are some simple changes you can make to your daily routine to keep your skin glowing all season long.

1. LOWER THE THERMOSTAT

Cranking up the heat is one of the first things most people do when it gets cold outside. However, keep in mind that heating air also dries it out. Try setting the thermostat to a cool yet comfortable setting—68°F to 72°F—to help keep your skin healthy while also keeping you warm.

2. USE GENTLE PRODUCTS

The wrong soap can worsen itchy, dry skin. Instead, wash with a fragrance-free, moisturizing cleanser or gel. You can also prevent winter dryness by using less soap overall, so limit your lathering to necessary areas, such as your hands, armpits, genitals and feet.

TIP: Make sure the label explicitly says “fragrance free” as some “unscented” products may still contain fragrances.

3. APPLY SUNSCREEN

Snow can reflect up to 80% of the sun's rays, increasing your risk of UV exposure. Before going outside, it is recommended to apply a moisturizer or sunscreen with an SPF of 15 or higher to all exposed areas of your body. Don't be fooled by darker days as harmful UV rays can permeate clouds and cause damage.

4. USE A HUMIDIFIER

Using a humidifier in your home can replenish moisture into the air and hydrate skin. Try to keep humidifiers in the rooms where you spend the most time in, such as your bedroom and family room.

5. EXFOLIATE LESS OFTEN

Exfoliating is an effective way to cleanse your skin, but because winter dryness can be damaging and slow the regeneration process, try to limit exfoliating to once a week or less.

6. LIMIT SHOWER TIME

Although a long, hot shower may sound like the perfect way to warm up during the winter months, keep in mind that hot water will quickly evaporate from your skin. Try taking 5- to 10-minute lukewarm showers and your skin will thank you.

TIP: If the water is turning your skin red, it is too hot.

7. MOISTURIZE FREQUENTLY

Maintain healthy skin by moisturizing often during the winter months. Creams and ointments pack in more moisture than lotions, so these are ideal for winter. Applying a thick moisturizer right after washing your hands or showering will help trap in the hydration.

8. WEAR APPROPRIATE CLOTHING

Many cold-weather fabrics can aggravate dry skin. Wool and rough clothing that comes in direct contact with your skin can make it irritated and itchy. Try wearing light layers made from soft, breathable fabrics against your skin, then put on heavier, warmer layers over top.

TIP: Wear waterproof gloves when washing dishes or cleaning around the house.