FOR HEALTHY WINTER SKIN

Muscat Daily · 23 Nov 2021 · 13

Winter can really wreak havoc on your skin, turning it dry, itchy, and irritated. And you know there's no escape from this, year after year. So how about doing something right this year to combat this annual attack to have healthy winter skin? During winter, the things that make winter wonderful, like sitting by a bonfire, enjoying a nice hot shower or indulging in your favourite fries can take a toll on your skin by stripping it of its natural oils. However, there are many simple ways to keep your skin under check all through winter by incorporating some changes in your daily routine.

Use a humidifier

Using a humidifier in your home or office will add moisture to dry winter air which helps keep your skin hydrated. Run a humidifier in the rooms you spend the most time in, including your bedroom and see the difference it has on the texture of your skin.

Lower the thermostat

When it's chilly outside, fight the temptation to increase the heating in your room. Heating arrangements can make the air in your house dry and this, in turn, will take a toll on your skin. So, keep the thermostat setting to a comfortable level so as to maintain healthy skin.

Avoid hot showers

There is nothing more enjoyable than hopping in a hot shower when it's freezing out. But, if you do so everyday, you will be actually drying out your skin over a few weeks. Dehydrated skin is not only unpleasant to deal with, it can lead to more serious side effects down the road. So, avoid hot showers and have luke warm showers instead. It may be tempting to take a long, steamy shower, but your skin will be much better off with quick showers with lukewarm water.

Change your facial skincare routine

During the winter months, choose cream-based cleansers, and apply toners and astringents sparingly.

Blow dry gently

Air drying your hair in winter is the best solution, even if it takes longer.

Many astringents contain alcohol, which can further dry your skin. If your skin gets dry and itchy, stop using products that contain alcohol and fragrances in order to help skin retain its natural oils. At night, use a richer moisturiser on your face.

Moisturise frequently

Maintain healthy skin by moisturising after washing up. It's best to use a cream or ointment in the winter. Lotions are better in warmer, humid climates. Handwashing is vital, especially during the cold and flu season. Applying a hand cream after each washing can help. Also, wearing waterproof gloves when washing dishes or cleaning around the house is advisable.

Apply sunscreen

Don't think sunscreen is only meant for the summer. On bright winter days, when outdoors, make sure to use a sunscreen to reduce the risk of UV exposure to your skin.

Wear appropriate clothing

Many winter fabrics can aggravate dry winter skin. Use wool and rough clothing over your initial layer of clothing, so as to avoid touching your skin directly. This can cause dry skin to get irritated and itchy. Wear light layers made from soft, breathable materials directly against your skin, and then pull on your heavier, warmer sweaters.

Treat hair with hair oil

Hair oils help dry hair to regenerate and gives it new freshness and shine. The oil can be applied directly to wet hair after you rinse out your shampoo or, alternatively, after blow drying. The ends of your hair will benefit from this treatment most of all.