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Why icing works wonders for your skin

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WITH ICING, THE COLD HELPS TO DRAIN THE EXTRA FLUIDS FROM THE LYMPHATIC SYSTEM AND REDUCES FACIAL PUFFINESS AND SWELLING.



In the midst of your intense six-step night skincare routine, you may often forget what a simple step of icing can do to your skin. This old-fashioned skincare method is often restricted to reducing black eyes or bumps on your forehead. However, it goes beyond that and can help reduce puffiness, brighten and tighten the skin and is also anti-inflammatory.

“Icing stimulates blood circulation in the skin, giving you that healthy glow we all desire,” says Dr Geetika Mittal Gupta, dermatologist. “It also reduces the size of pores, temporarily. However, people with rosacea and sensitive skin should avoid icing their skin. If you do want to try this trick, you can do so by using ice covered in a clean wash cloth, for not more than five to seven minutes.”

Read on to know the benefits of facial icing.

DECREASES SWELLING AND PUFFINESS

Just like how applying ice to injuries work, facial icing has the same effect on your skin. With icing, the cold helps to drain the extra fluids from the lymphatic system and reduces facial puffiness and swelling. It is best used in the morning to de-puff the skin.

REDUCES THE APPEARANCE OF UNDEREYE BAGS

Icing can also help minimise the appearance of puffy under-eyes. However, do not expect any miracles on your eye bags if they are genetic since icing won't make much of a difference to it.

GIVES A MORE RADIANT LOOK

Icing is a favourite routine among celebrities such as

Katrina Kaif, Bella Hadid, Alia Bhatt and more to prepare their skin before makeup. So, it shouldn't come as a surprise that this routine can also give you a radiant glow, for free. It constricts the blood vessels in your face that lessens the appearance of pores and exfoliates your skin leading to a more healthy look.

REDUCES THE SIGNS OF AGEING ON YOUR FACE

A natural and easy to do hack at home, icing can reduce the signs of ageing. The cold ice on your skin helps to tighten the open pores and reduce wrinkles as well as fine lines. Try this method if you want to avoid slathering your face with anti-ageing products.

WAYS TO ICE YOUR FACE:

Dip your face in a bowl of ice to de-puff and refresh your skin.

Wrap a few ice cubes in a thin cloth and lightly massage it on your face in circular motions. Another alternative is to opt for facial ice globes, ice rollers or cryo facial sets.