

#BEAUTY

# Glycerine Goodluck

With the season changing and coldness and dryness setting in, our skins are bound to take on some changes, whether we stay indoors or not. This time of year calls for dry skin making one look dull, wrinkly and worn out. With all kinds of skincare remedies available, glycerine stands out as a natural and soothing skin protecting and healing substance. Although glycerine sounds like a chemical, it is nothing but a touch of nature which can work wonders on the skin. Here are some way glycerine promotes skin health —

## **Gentle on the skin**

The first and foremost concern while applying anything on the skin is how it will react with the skin. Glycerine, being a natural substance, not only prevents pores from clogging but also offers a gentler way to exfoliate, clean and moisturise the skin without causing irritation and redness as some abrasive face scrubs and toners tend to do.

## **Moisturises skin**

Dry skin is a nearly universal problem during winter. Skin becomes white and flaky from excessive dryness. Glycerine assists in bringing back life to such parched and shrivelled skin. It acts as a shield and as a sponge preventing skin from drying out, drawing in more moisture itself and slowing down the evaporation of moisture from the skin surface. This leaves skin hydrated and moist for longer, and thus less prone to drying out, irritation and breakage.

## **Protects and heals skin**

Winter air makes skin cracked and flaky. This causes skin to start breaking down and consequently, become susceptible to

wounds, infections, breakouts, irritation and so on. As glycerine holds a number of moisturising properties, it brings back moisture and boosts skin's protection abilities. It compensates for the natural oils which the skin loses every time one showers. The hydrating qualities also protect the skin from the harsh effects of wind of dry indoor air.

## **Prevent wrinkles**

Stress and environmental factors often take a toll on our skin. The most common outcome is the appearance of wrinkles. As glycerine traps moisture and prevents drying, the top layer of the skin remains hydrated and as a result, the appearance of wrinkles is reduced. It keeps the skin glowing, youthful and healthy while keeping one's skin protected.

## **Assists acne and breakouts**

Acne and breakouts are all year-round problems and not every solution is fit for all. With the natural and healing properties of glycerine, even if it does not cure one's acne and breakouts, it certainly will not add to it. Most moisturisers and toners tend to have harsh chemicals which are likely to agitate one's acne.

Glycerine is free from any such harsh complement while being an oil-free substance. In conclusion, along with all its moisturising attributes, will not clog pores nor increase the skin's oiliness which gives rise to acne and encourages breakouts in the first place.

Our skin requires special care during dry and cold weather for all it does to protect us from external environment pollutants. Glycerine presents itself as a suitable,

natural and safe substance to rejuvenate skin and fit for any weather condition. It can be conveniently incorporated into one's overall daily skincare routine to keep consistently youthful and glowing skin.

**By Puja Sarkar**

**Photo: Sazzad Ibne Sayed**

**Model: Mohini**

**Make-up: Piya's Beauty Essentials**

**Styling: Sonia Yeasmin Isha**

