

#BEAUTY

# Body Lotion: Fighting the winter air

Just as the summer calls for sunscreen for skin protection, winter calls for body lotion to keep skin glowing and healthy. When the temperature decreases and dryness sets in, skin pores tend to shrink, trapping heat inside the skin layers, resulting in oiliness. Consequently, skin becomes prone to rashes, redness, itchiness, flakiness and even acne. To rescue skin from acting up, body lotion is one's saving grace.

## Hydration

The winter air makes skin dry. This dryness is the root of many skin problems. It makes skin not only look dried out and wrinkly, but also irritates skin, causing itchiness, redness, dry patches and rashes. In such withering conditions, body lotions help to seal in moisture to keep skin hydrated and supple. Applying body lotion after bathing, or even carrying around a container of body lotion for whenever skin begins to dry out, is a good way to assure skin hydration at all times.

## Replenishment

Whatever one's skin type may be, everyone has some extra rough spots on their bodies, like the elbows and knees, which require extra care and moisture. Using body lotion to nurse these parts, especially during winter, would ease the roughness. With regular use, these rough, uneven and dry spots can be replenished, making it just as smooth and silky as the rest of the body.

## Smooths calluses

Rough calluses forming on the heel or the ball of one's foot is quite a common occurrence during winter. These callouses tend to be rather unsightly and sometimes even makes walking painful. A moist and hydrating body lotion can heal the broken skin and make these areas supple and hydrated. It makes the process of removing dead skin much easier compared to how it would have been without any body lotion.



## Skin Glow

Dryness and flakiness strip the skin of life and makes one appear exhausted and desolate. A proper body lotion can rejuvenate one's skin and contribute to skin health. It will not only hydrate and soften skin, but also add glow, making one appear fresher and ready to take on whatever comes their way.

A body lotion is a substantial addition to one's skin care routine. Along with locking

in moisture, soothing and smoothing skin, it makes skin appear radiant, healthy and ready to withstand any harsh environments and external factors which might damage skin. So, to win against the winter air, one should be equipped with their desired body lotion to stay fresh and healthy!

By Puja Sarkar  
Photo: LS Archive

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