

# Five ways to rejuvenate DRY WINTER SKIN

Winter weather is notorious for resulting in dry, rough and flaky skin. The cold and dehydrating air incapacitates your skin's immune system by preventing moisture retention, and tightening skin cells. To avoid this dreadful dry skin nightmare, follow the five tips listed below and maintain moist and healthy skin during the upcoming winter months.



## AVOID OVERUSE OF TEMPERATURE CONTROL

Although it may be extremely comforting to return to a warm, cosy environment after enduring cold winds outdoors, heating systems can soak up moisture from the air which, in turn, can leave your skin feeling tight and dehydrated. To diminish this problem, try to use the heating properties of your air conditioning unit as little as possible and additionally use a humidifier to restore some much-needed moisture to the indoor atmosphere.

## APPLY SUNSCREEN

The general assumption held by most people is that sunscreen is a summertime skincare product. But, the truth of the matter is, sunscreens shield your skin against harmful UV radiation throughout the year, irrespective of climatic conditions. You are just as likely to get sunburns in winter as you are in summer. Therefore, it is wise to apply sunscreen before heading out to sustain undamaged and healthy skin.

## LOOK OUT FOR YOUR HANDS

Skincare for hands is hardly given much importance, though that shouldn't be the case. The skin on your hands is actually thinner and more prone to damage in comparison with the skin on the rest of your body. Therefore, it is important to protect your hands in winter by wearing gloves and, applying moisturising hand lotion at regular intervals.

## STEER CLEAR OF WOOL AND OTHER SYNTHETIC FABRICS

Wearing clothes made out of synthetic materials such as nylon, polyester or rayon, on dry skin can further aggravate discomfort and make your skin itch. However, the key fabric to avoid, if you are susceptible to dry skin, is wool. The texture of wool is thoroughly unpleasant on sensitive skin and can cause severe irritation. The most skin-friendly substitute for these fabrics is cotton. But, if wool is what you really wish to dress in, you may opt for a thinner or less itchy variety such as merino wool or just wear a layer of light cotton clothes underneath.

## REVITALIZE YOUR SKIN BY MOISTURIZING

Your skin loses moisture most rapidly in winter and consequently, the protective outer layer of your skin becomes weak and less resistant to damage. Moisturising your skin by applying lotion at least twice a day (preferably after taking a shower and before bed) is an effective way of counteracting this issue. An added tip would be to keep a bottle of lotion handy at all times for instant relief from dry skin.

Follow these tips and you can finally say goodbye and good riddance to dry skin this winter!

By Aporajita Mustafa

Photo: Sazzad Ibne Sayed

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