

Top 5 Winter Skin Care Tips

Winter is quite possibly the harshest season when it comes to our skin. Because of the lower humidity and colder temperature, our body loses out on a lot of moisture, causing loads of damage to the skin. To prevent that outcome, here are the top 5 things you can do to take care of your skin this winter.

Choose gentle, fragrance-free cleansers

Bar soap can make dry skin worse by robbing it of its natural oils and messing with the microbiome of the skin. Skin experts advise against using body wash for people with dry skin. They encourage people to look instead for soaps meant for 'for sensitive skin,' that is also 'dye free,' and 'fragrance free.'



Moisturise hands often

The CDC says that hand washing is important, particularly when the common cold, flu, and COVID-19 are risks. But according to board-certified dermatologists, "continuous washing will cause the hands to take a hammering." And that is why the experts suggests

that after every wash, we lather our skin with dedicated cream – a bit thicker in consistency meant for the hands and feet.

An additional suggestion, to keep the hands and feet continuously soft and smooth, is to wear waterproof gloves while doing dishes or doing any sort of household chores.

Purchase a humidifier to increase moisture around the house

The outdoor air is often drier, colder, and holds onto less water during the chilly winter months. This causes chapped skin. Using a humidifier throughout the house and trying to maintain a humidity level of between 30 and 50 per cent will help to prevent extremely dry skin and any other irritations associated with the undesirable weather conditions.

Use sun protection even when inside the house

UV radiation have been connected to premature skin ageing. That is a major reason to use sunscreen on a daily basis – which will ultimately help maintain a smooth exterior to our ageing skin.

Eat healthy and drink plenty of water

You shouldn't anticipate immediate changes, but it might be feasible to gradually moisturise your skin from the inside out. A major study in the skincare fraternity suggests that people with poor water intake could improve the moisture of their skin by drinking more water. Skin experts have reminded us time and again that in addition to adequate intake of water – a meal complete in important vitamins, minerals, and fatty acids are equally important and helpful in keeping skin soft and supple for a long time to come.

By LS Desk

Photo: LS Archive/ Sazzad Ibne Sayed

**রুম্মতাকে
FACE করো
লাইফটাকে
CHASE করো**

2X ময়েশ্চার লক সমৃদ্ধ রিভাইভ
৯২% ন্যাচারাল অরিজিন ইনগ্রেডিয়েন্টস

REVIVE
Moisturizing Lotion

REVIVE
PERFECT SKIN
2X
Moisturizing Lotion
92% NATURAL ORIGIN INGREDIENTS
24 HRS SKIN LOCK

সত্যি সত্যি
জান করুন

কমার্শিয়াল টেলিভিশন প্রদর্শিত