

Healthy habits for skin care during winter

Winter can be a tough season on your skin, with dry, cold air stripping it of moisture and leaving it feeling dry and irritated. Here are some healthy habits to follow that can help keep your skin healthy and glowing all winter.

Moisturise regularly

One of the most important things you can do for your skin during the winter is to moisturise regularly. The dry air and indoor heating can strip your skin of its natural oils, leaving it dry and tight.

It is essential to use a thick and nourishing moisturiser and apply it to your face and body as soon as you get out of the shower. This should be made a habit to keep your skin healthy.

Protect your skin

In addition to the dry air, the cold winds and low winter temperatures can also be harsh on the skin. It is often vital to cover up when you go outside to protect your skin.

Wear a scarf or wrap a wool or cashmere scarf around your face to protect your skin from the cold. You should also apply a moisturiser to your face before heading out into the cold, as this will help to create a barrier between your skin and the harsh weather.

Do not over-wash your face

While keeping your skin clean is essential, it's also important not to over-wash your face during the winter. Washing your face too frequently can strip your skin of its natural oils, leaving it feeling dry and tight. Instead, stick to a gentle, non-foaming cleanser, and only wash your face once or twice a day. And always remember to use moisturiser after

washing your face to not leave it dry.

Use a gentle exfoliator

Exfoliating your skin is vital for removing dead skin cells and keeping your skin looking bright and healthy. However, it's important not to overdo it during the winter, as exfoliating too frequently can strip your skin of its natural oils and leave it feeling dry and tight.

Try to use a gentle exfoliator, such as a scrub with small, round beads, and only exfoliate once or twice a week. The exfoliator should be used in a way that is not harsh on the skin.

Take care of your lips

The lips are especially prone to drying out during the winter, so it's essential to take good care of them. Use a lip balm that contains ingredients like beeswax, shea butter, or coconut oil to help keep your lips moisturised.

You may carry a pocket-size balm with you while you are outside. Moreover, avoiding licking your lips would help, as this can strip them of their natural oils and lead to dryness.

Stay hydrated

Drinking plenty of water is vital for overall health, but it's crucial during the winter when the air is dry. Make sure to drink at least eight glasses of water a day to help keep your skin hydrated and healthy.

Proper hydration is crucial for maintaining healthy skin, as it helps to keep the skin moisturised and plump. It also helps to control body temperature in balance during the winter.

By Ahmad Tousif Jami

Photo: LS Archive/Sazzad Ibne Sayed



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