



#FASHION & BEAUTY

Don't let winter skin ruin your vibe — Follow this simple skincare routine

Winter brings festive vibes with hot chocolate, soft blankets, and a foggy breeze to boost your spirit. Despite this, your skin tells a different tale when you glance in the mirror. Rash, itching, dryness, and cracked spots are some of the skin problems that might develop during this season. Fortunately, all it takes to look and feel your best is the correct skincare regimen



Cleanser

A cleanser is the first step in any good skincare routine. In winter, these should nurture rather than dry skin. Look for one that is free from sulphates and phthalates.

If your skin is very dry, try using a milk or cream formula and wash your face with warm water instead of hot — the latter can aggravate and further dry up your skin.

Wash your face with lukewarm water after gently massaging the face cleanser into your skin for 60 seconds. But, beware! You should not wash your face too often or for too long.

Moisturiser

Moisturisers are essential year-round, but they are especially crucial for winter skin health. In addition to repairing damaged

cells and keeping them from losing moisture, a moisturiser may shield your skin from the harsh winter winds.

Looking for a moisturiser that is thick and creamy. These may include humectants like coconut milk and hyaluronic acid.

These moisturisers are designed to protect skin from drying out by creating a physical barrier with their thicker composition. Furthermore, they support the outermost layer of the skin, which aids in the retention of moisture.

Body lotions

Cocoa butter deeply moisturises the skin, keeping it smooth and supple. Thanks to its thick texture, it works wonders in winter to

butter and shea butter.

After a shower, follow with a lotion containing cocoa butter and shea butter to hydrate the skin. Massage in circular strokes to moisturise and provide the sensation of nourished, healthy-looking skin.

Lip balm

You should shower your lips with love every season, but especially in the winter. Lip balm should be your first stop when planning winter lip care.

To alleviate dryness and chapped lips, look for a therapeutic balm infused with antibacterial tea tree oil or one that uses all-natural components like aloe, jojoba oil, and vitamin E.



retain skin moisture. Shea butter, like cocoa butter, also attracts moisture and helps soothe very dry skin.

In the winter, parts of the body that are prone to have particularly dry and rough skin, such as the elbows, knees, and heels, are perfect choices for the use of cocoa



Using moisturising lip balm numerous times a day provides nourishing therapy. After you get out of bed in the morning and before you go outdoors are two of the best times to apply lip balm.

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EXPERT CARE
BODY LOTION

WITH
ADVANCED HEALING FORMULA

NATURAL GOODNESS OF

Cocoa Butter

Shea Butter

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