

# Skin Care 101: From babies to grandparents



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As the air gets drier and temperatures fall, both the elderly and babies face a higher risk of skin discomfort. That includes dryness, itching, irritation, and flare-ups. The good news is that a few simple habits can make a big difference. Before winter fully arrives, switch to richer moisturisers, reduce long hot baths, add a humidifier to indoor spaces, and go gentle with cleansing routines. Prepping skin during the pre-winter season helps create a strong barrier for the colder days ahead.

Here is your go-to guide for what to do and what to avoid to keep skin soft, healthy, and comfortable all season long.

## FOR THE SENIOR CITIZENS

### Dos

Moisturise twice a day using thick, fragrance-free creams or ointments

Bath with warm water to protect natural skin oils

Apply moisturiser right after bathing to lock in hydration

Drink enough water throughout the day, even if you are not thirsty

Wear breathable, soft fabrics like cotton and wool blends

Use a humidifier indoors to maintain moisture in the air



## FOR BABIES

### Dos

Use mild fragrance-free soap once daily

Moisturise skin after every bath to prevent dryness

Dress children in soft, breathable layers

Protect lips and cheeks with petroleum jelly

Dry the skin gently using a soft towel with light patting



### Don'ts

Do not over-bathe; two to three times per week is enough

Avoid using adult creams or medicated products

Keep away from tight or scratchy clothing

Do not forget to moisturise hands and feet

Pay attention to rashes or signs of eczema and consult a paediatrician if needed



### Don'ts

Avoid heavily scented skin products as they can dry out and irritate the skin

Skip long hot showers, which strip away moisture

Do not scratch dry or itchy areas; use a moisturiser or consult a doctor.

Steer clear of rough or synthetic fabrics

Do not skip sunscreen



*Glow & Lovely*

দেখক  
সবাই  
**গ্লো  
লভলি**  
তোমার

\*ক্রিয়েটিভ ডিজিট্যাল ইন্ডাস্ট্রিজ