

# Cold Weather Skin-Care Tips

From Lisa Bass Licensed Aesthetician Beautyhealth.com

Harsh winter weather is tough on skin. A change to your skin-care routine can help protect dry, itchy skin from the elements. Cold air, wind, and indoor heat are only three of the reasons your skin suffers in the winter.

***"These conditions suck the moisture out of your skin, leaving it dull and dry, as well as itchy and irritated," says Lisa Bass, skin and beauty expert for Beautyhealth.com.***

***Additionally, certain skin conditions, such as eczema, psoriasis, and "winter itch," can develop or become aggravated in the winter. You can combat the effects of cold weather by altering your skin-care routine.***



Here's our best advice for keeping your skin soft and supple all winter long.

Revamp your skin-care regimen. Your basic skin-care routine should get an overhaul when the temperature outside starts to drop. Limit your time in the shower, and bathe in warm rather than hot water, since hot water can strip your skin of moisture. Use the Epicuren Gellé Cleanser instead of bar soap, which can often be too harsh, and put Yonka Phyto Bain in your bath water. Pat, don't rub, yourself dry, and apply a moisturizer liberally when the skin is still moist. Those of us with very dry skin may need to use a moisturizer two or three times per day, or try Yonka's Optimizer Duo for your face and any of these amazing body moisturizers and treatments will make your skin on your body feel and look amazing.

You may also want to consider using a humidifier at night. Not only will it help your skin, it will also soothe dry throat and nasal passages. Choose the right moisturizer. Moisturizers work not by putting water into the skin, but by slowing the natural loss of water from the skin. Look for one that's both thick and mild. Stay vigilant with your moisturizer use.

***Lisa says, "With regular use these products will help repair the microscopic fissures in your skin's barrier layer, preventing further outbreaks of itchy, winter skin."***

Protect your skin from the elements. Just because it's cold outside doesn't mean you're safe from sunburn. "The winter sun can reflect off the snow, particularly at high altitudes," says Lisa. Always apply sunscreen to exposed areas of skin, including the face, tops of ears, and backs of hands, and use a lip balm to prevent chapping. If it's windy or you've been blowing your nose, it's also a good idea to apply a balm or ointment to your nostrils. Epicuren's Propolis products and the Epicuren Zinc Oxide SPF 20 are excellent choices.