



WINTER SKIN CARE TIPS

November is National Healthy Skin Month



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It is important to keep your skin fresh, well hydrated and healthy all year long, but sometimes that can be difficult to achieve during cool temperatures. In preparation for the cold weather, the American Academy of Dermatology (AAD) designated November as National Healthy Skin Month.

Cold Weather

Low temperatures and cold winds can leave skin on your face and hands dehydrated. You might feel itchy and uncomfortable for weeks.



Here are some helpful winter skin care tips that might help you to survive cold weather better:

1. Moisturizer

For the winter season, switch your lighter lotions for oil-based skin creams. If you have clogged pores or acne, then you should avoid heavy oils on your skin. It is helpful to apply moisturizer before going outside, but heated inside air can also dehydrate your skin.

2. Humidify

When you start heating your house the inside air becomes dry. Another way to moisturize is to use a humidifier.

3. Dress Appropriately

Always wear gloves when it is cold! The skin on hands does not have a lot of oil glands and much thinner than skin on other parts of your body.

4. Sunscreen

Sun can damage your skin 12 months a year. Do not forget to apply sunscreen before you go outdoors. Combination of heavy moisturizer and sunscreen is the best choice during winter months.



5. Remove Wet Clothes

Having wet clothing against your skin can cause irritation leading to cracking and sores. Wet skin is particularly vulnerable to frostbite.

It is always a good idea to keep an extra pair of socks and gloves in your car or at work in case you need it.



Shower Water

Shower water can make your skin dry and itchy, but it can be prevented by following certain practices. Limit your bathing or showering to 10 minutes, use warm water instead of hot water. While we enjoy pleasant scents during showers, it is healthier to use fragrance-free soaps and shower gels. Gently blot your skin with a towel instead of rubbing it and apply moisturizer shortly after drying your skin.



Make Up

Good quality makeup can affect your skin in a positive way. Use foundations containing SPF, so you can have coverage along with sun protection. You also should not try several new products at the same time. In case of an allergic reaction or irritation it would be difficult to find which product caused it.

Take your makeup off as soon as you no longer need it. A quick shower or wash would be the best, but if you are not home or you simply do not have energy for a shower, cleansing cloth is another option. It is very important to remove your makeup before you go to bed. Skin on the face is very porous and thus absorbent, by removing chemicals from your skin you assure a better night's sleep.



Smoking

Smoking narrows small blood vessels of the skin, decreasing blood flow to the outer layer. This process reduces oxygen and nutrient delivery to the skin. Elastin and collagen are being damaged as well, therefore skin loses elasticity and strength. All this contributes to wrinkle formation and premature aging of the skin. The best way to protect your skin from the effects of smoking is to quit. Ask your doctor or pharmacist for tips and practices in order to help you stop smoking.



Eat Healthy Diet

It is well known that a healthy diet can help you feel and look your best. Make sure you have plenty of fluids to drink every day and eat food containing whole grains and lean protein.



Some studies suggested that there is an association between diet and acne. A diet rich in vitamin C and low in fat might promote younger looking skin.



Vitamin C serves as an antioxidant and it contributes to collagen synthesis. As an antioxidant, vitamin C removes harmful free radicals and reduces them to harmless compounds.

Clothes

Try to wear cotton garments under your clothes, especially if it is made of wool or other rough material. Always wear gloves when you go outdoors in cold weather and use protective gloves when handling chemical substances.

It is also best to choose hypoallergenic laundry detergent.



When to See a Dermatologist

Dry skin can also be a sign of a skin disease. Do not ignore skin cracks, patches of flaky skin, bleeding and pain. A dermatologist can examine your skin and find the way to reduce your discomfort.

References:

American Academy of Dermatology Inc. (2017). Dermatologist's Top Tips for Relieving Dry Skin <https://www.aad.org/public/skin-hair-nails/skin-care/dry-skin>

Skin Care: Tips for healthy skin (2017). <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/skin-care/art-20048237>