

WINTER WONDERS

IF WINTER IS ZAPPING THE GLOW FROM YOUR SKIN,
HERE'S HOW TO CRANK THE RADIANCE FACTOR
RIGHT BACK UP TO LUMINOUS.

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Is it possible to get glowing skin when the cold winter wind blows? Well, yes, it is, but it does require a little extra effort – and we don't just mean going easy on the hot tap in the shower. Here's how to keep your skin healthy and hydrated all winter long.

When temperatures plummet, so does the humidity. Generally speaking, the less moisture in the air, the more likely our skin is to dry out. "In winter, the exposure to harsher elements, such as cold and wind, means trans-epidermal water loss is greater so a good moisturiser is especially important," says dermatologist Dr Francesca Tefany.

Before you decide on your course of hydrating action, it's good to determine whether you have dehydrated skin (caused by moisture loss) or dry skin (caused by lack of oil). Dehydrated skin tends to look crepey, while dry skin is flaky and prone to redness and sensitivity. Both require a regular moisture hit, but in different formulations. >



STEP 1 GENTLE WASH

In winter, only use facial wipes occasionally, as they tend to be more drying. “The right cleanser restores the skin to a more neutral pH and assists with reducing irritation,” says Dr Tefany. “You don’t need to double-cleanse. Micellar cleansers are useful to remove heavy makeup but they should be rinsed off well as they are more likely to cause irritation.”

WE LOVE: A classic creamy cleanser, such as **Weleda Gentle Cleansing Milk, \$24.95**, is ideal for winter. Squeaky clean is never a good thing for skin, so your post-workout shower routine should include a nourishing cleansing bar, such as **Lush The Great Barrier Solid Hydrating Wash, \$17.95**.



STEP 2 EXTRA SMOOTH

Dr Tefany says exfoliation is an essential step for all skin types, but you need to find your personal tipping point. “It shouldn’t be done more than once a week for normal skin types and monthly for more sensitive types,” she says. “Because it removes the dead skin cells it may give a subjective and temporary improvement in smoothness and allow the skin to be more porous to receive moisturiser.”

WE LOVE: An AHA-based exfoliant such as **Ole Henriksen Invigorating Night Treatment, \$64**, will help skin shed the unwanted build-up of dead cells without the need for any scrubbing – its resurfacing action works while you sleep.

For the body, you can ramp the dead skin removal up a notch. **The Body Shop Almond Milk & Honey Gently Exfoliating Creamy Body Scrub, \$29**, is brilliant on dry knees and elbows.



STEP 3 THIRST QUENCHERS

A pre-moisturiser hydration boost is an essential step in winter. “A serum containing hyaluronic acid is especially useful under a night cream or sunscreen,” says Dr Tefany. If you have dry skin, your lipid-lacking skin will lap up an oil.

WE LOVE: **Scout Cosmetics Cell Renewal Peptide Serum, \$49.95**, for normal to oily complexions, is super light and contains hyaluronic acid, which holds up to 1000 times its own weight in water.

Dry skin is better served with **Burt's Bees Complete Nourishment Facial Oil, \$37.95**, as it's rich in essential fatty acids.

If you find your complexion tends to feel parched, add a drop of **Phytomer Hydracontinue 12H Moisturizing Flash Gel, \$80**, to your morning moisturiser or foundation – one drop is enough to get your skin through office hours feeling softer and more supple.



STEP 4 MORE MOISTURE

Skin loses up to 25 per cent of its ability to hold moisture in winter, which is why we tend to reach for richer creams in the cooler months. This is also the season to start thinking about tackling anti-ageing head-on. “Anti-ageing creams that contain retinol are definitely better used in winter as they can cause sun sensitivity,” says Dr Tefany. “Although the sun is less harsh in winter, sunscreen should still be worn when using these products.”

WE LOVE: **Avène PhysioLift Night Smoothing Regenerating Night Balm, \$69.95**, which contains

retinaldehyde, a gentler derivative of vitamin A that still has all the rejuvenating power of retinol minus the redness and flakiness it can cause. It's hypoallergenic but some sensitive skins may prefer to introduce it slowly – just make sure you alternate it with a gentle but intensive moisture booster, such as **Caudalie Vinosource Moisturising Sorbet, \$46**.

For the body we love **Klim Protect Sports Moisturiser SPF 30, \$17.95**, as it's light, non-greasy and contains broad-spectrum SPF so you know you're protected if you're braving the elements for an outdoor workout.



STEP 5 BRIGHT IDEA

While it's tempting to turn up the electric blanket, overheating will leave you waking up with parched skin and dark circles. In fact, one study found 82 per cent of women suffer from dark circles and puffy eyes during winter, compared with just 38 per cent in summer. The best defence? Don't turn up the heat too high, keep up the hydration (that includes drinking plenty of water) and harness the power of specially formulated skin and eye brighteners.

WE LOVE: **Racinne Ultimate Hydra Perfection Contour Brightening Eye Care, \$29**, contains antioxidants from lemongrass and grape callus extract to hydrate, de-puff and diminish dark circles.

Even if you're not getting hitched, there's so much to love about **Aveda Tulasara Wedding Masque, \$84**. Not only does it contain a good dose of curcuminoids from turmeric root, a naturally derived skin brightener, it's rich in organic apricot seed oil to boost lipid levels and contains plant stem cells to support the skin in its overnight repair process. Apply before bed and leave it to do its radiance boosting while you sleep. #