

# YOUR skin clinic

THE COLD SEASON CAN WREAK HAVOC ON YOUR SKIN, CAUSING DRYNESS AND IRRITATION. USE OUR TOP-TO-TOE GUIDE FOR A MORE YOUTHFUL, DEWY COMPLEXION

**W**hile winter may spell cashmere scarves and cups of hot chocolate, chilly dry conditions can also cause common flare-ups. "Our skin is prone to become drier and more irritated in winter, due to the decrease in humidity," explains dermatologist Dr Li-Chuen Wong. "This causes skin to lose its natural moisture, making it more likely to become dry, cracked, irritated and inflamed." Add to that longer showers and less vitamin D due to decreased sun exposure, and it's likely your skin could use some TLC.

Here, the top skin doctors reveal how to maintain healthy, nourished skin all season.

## WINTER WOE #1

### Dry skin

A drop in the mercury combined with regularly wearing sweaters and stockings can lead to scaly skin. "In winter, the focus shifts to restoring and maintaining healthy skin hydration and encouraging cell turnover and renewal," explains Dr Adam Sheridan, spokesperson for the Australasian College of Dermatologists.

#### THE AT-HOME REMEDY

Skipping body lotion? Start slathering! "It's really important to regularly moisturise skin during the winter months," says Dr Wong. "Use a thick emollient all over the body at least twice daily." When caring for your

complexion, avoid excessive exfoliation or peels that aggravate.

#### Try

- ▶ **Jergens Daily Moisture Dry Skin Moisturiser**, \$5.99, or
- ▶ **Aveeno Skin Relief Moisturising Lotion**, \$12.99.

#### THE PROFESSIONAL TREATMENT

Book in for a hyaluronic acid facial. This thirst-quenching molecule retains 1000 times its weight in water and promises to fill fine lines and plump parched skin.

#### Try

- ▶ **Ella Baché's Hydra Cellular Renewal Facial Treatment**, \$140 for 75 minutes (ellabache.com.au). ▶

## WINTER WOE #2

### Broken capillaries

Commonly found around the chin, nose and cheeks, these red spider-like veins are caused by broken superficial blood vessels in the top layer of skin. The causes include UV light, temperature extremes and hormonal factors, says Dr Sheridan. "Their prominence is accentuated during winter due to the change in climate, the wind and consumption of spicy foods and alcohol."

#### THE AT-HOME REMEDY

"Maintaining healthy skin will slow progression of broken capillaries," advises Dr Sheridan. Opt for a gentle cleanser and moisturiser and slather on a broad-spectrum SPF before heading outdoors.

#### Try

- ▶ **Neutrogena Ultra Sheer Face Sunscreen SPF50+**, \$16.99, or
- ▶ **Invisible Zinc Tinted Daywear SPF30+**, \$14.99.

#### THE PROFESSIONAL TREATMENT

"The most effective treatment is vascular laser," says Dr Wong. "The energy from the laser will selectively target the vessels and destroy them."

## WINTER WOE #3

### Dermatitis/ eczema

"Dermatitis, otherwise known as eczema, is a chronic, genetic condition that causes dry, irritated, sensitive skin," says Dr Wong. Environmental factors like changes in the weather and a drop in humidity can cause flare-ups, so it's often worse during winter.

#### THE AT-HOME REMEDY

Overhaul your body products. Soap-free and scent-free body washes should be used in the shower, and regularly apply a non-fragranced moisturiser all over the body, says Dr Wong.

#### Try

- ▶ **QV Shower Milk**, \$11.20, or
- ▶ **La Roche-Posay Lipikar Syndet Cleansing Body Cream-Gel**, \$32.95.

#### THE PROFESSIONAL TREATMENT

In most cases, eczema can be treated and managed at home. "If the eczema is severe, then admission to hospital for wet dressings can be helpful," says Dr Wong. Narrowband UVB Treatment (light therapy) can be effective in extreme cases but there are risks associated with this so it needs to be managed by a doctor.

## WINTER WOE #4

### Rosacea

Feeling flushed? Known as the curse of the Celts, rosacea is an inflammatory skin condition that appears as redness on the face. "At times, red lumps and pimples can also develop," says Dr Wong. "Triggers include overheating and windy, extreme changes in temperature."

#### THE AT-HOME REMEDY

Steer clear of scrubs, products containing retinol or AHAs, and alcohol-based toners. "Rosacea patients have very sensitive skin," says Dr Wong. Moisturisers with calming ingredients like oat extract can help relieve redness, while CC creams contain colour-correcting pigments to neutralise irritation and provide even coverage.

#### Try

- ▶ **Clinique Redness Solutions Daily Relief Cream**, \$90, or
- ▶ **L'Oréal Paris Nude Magique CC Cream Anti-Redness**, \$26.95.

#### THE PROFESSIONAL TREATMENT

As with broken capillaries, a few sessions of vascular laser is most effective. "The energy of the laser will cause coagulation and destruction of the vessels," says Dr Wong. Milder cases can opt for intense pulsed light, known as IPL.



#### WINTER WOE #5

### Pigmentation

"As we age, our skin becomes more sallow and mottled, with increasing numbers of brown spots developing," explains Dr Wong. The main cause is prolonged sun exposure, but hormonal factors such as pregnancy and the oral contraceptive pill can also lead to brown patches known as melasma.

#### THE AT-HOME REMEDY

Fading agents in skincare products such as kojic acid, phytic acid and vitamin C can help break down melanin (the pigment in skin) and brighten for a clearer complexion.

#### Try

- ▶ **Mesoesthetic Brightening Peel Booster**, \$114, or
- ▶ **Estée Lauder Enlighten Dark Spot Correcting Night Serum**, \$95.

#### THE PROFESSIONAL TREATMENT

One of the most reliable treatments is a chemical peel, says Dr Sheridan. When administered correctly, it targets abnormal pigment, prevents further melanin production and improves skin tone and texture. Opt for a peel containing a 40 or 50 per cent concentration of AHAs like glycolic or lactic acid – these are suitable for sensitive skins and provide a hydration hit. Try a **Mesoesthetic Mesopeel Lactic Acid Treatment**, \$120-\$140.

## COLD WEATHER COMMANDMENTS

Maintain supple skin all winter with the rules skin experts swear by.

- \* Always apply a broad-spectrum sunscreen with SPF30 or higher every day. The sun's UVA rays still penetrate on cloudy winter days, says Dr Wong.
- \* Have fewer, shorter showers. "In winter, we often tend to take longer and hotter showers, but these dehydrate skin," says Dr Sheridan.
- \* Go fragrance-free. "Avoid products that are not pH matched to your skin, contain irritants such as fragrances, or are abrasive," advises Dr Sheridan.
- \* Invest in a humidifier. This is worth considering when you're using a heater for prolonged periods, suggests Dr Sheridan. ◦