

Beauty

FAST, EASY WAYS TO LOOK AS GOOD AS YOU FEEL

Thin-skinned in winter

The Aussie climate can wreak havoc on our skin, and in winter, when we're shivering from the cold, skin can become dry and flaky.

A new study published in the *British Journal of Dermatology* has shed light on the cellular changes that our skin experiences in cold temperatures, giving an insight into how to keep our skin healthy whatever the weather.

The study found that the skin's level of its barrier-maintaining protein changes from summer to winter on the cheeks and hands. Nina Goad, of the British Association of Dermatologists, says that, in winter, "By the use of high magnification, we show that the skin cells suffer from shrinkage and therefore change their surface. In the winter, rapidly changing temperatures, from heated indoors to cold outdoors environments, and prolonged exposure to wet weather can strip the skin's barrier function," Nina adds. This explains why we need different protection for our skin in cold weather and why some people experience conditions like eczema and rosacea in winter.

Amp up your winter skin protection by looking for moisturisers containing the following ingredients, says Melbourne dermatologist Dr Adam Sheridan. "For baseline maintenance of skin's normal hydration, glycerine, liquid paraffin, petrolatum (petroleum jelly or Vaseline) and safflower and other vegetable oils are excellent," Dr Sheridan says.

Did you know?

Studies show that, in winter, your skin loses more than 25 per cent of its ability to hold moisture.

PROTECT YOUR SKIN in dry weather

We look after our complexion in winter, but what about the rest of our body? Follow our moisturising tips here, and you'll feel soft and supple from head to toe, with a healthy glow.

The skin on your entire body needs some extra TLC at this time of year, so it makes sense to have a smart hydration strategy. "Dryness is especially common in the winter as the humidity levels drop drastically," says dermatologist Dr Marina Peredo. "During these months, the water in your skin evaporates more quickly than in the humid summer months." Use these tips from Dr Peredo and other experts to get smooth and silky from head to toe.

PREP IN THE MORNING

Wake up your skin

A few times a week, use a dry brush to exfoliate your body and stimulate your lymphatic system. "Starting at your hands and feet, brush skin upward toward your heart in short, firm strokes," says Erica Parker, a celebrity aesthetician. "For your chest, back and stomach, use a circular counterclockwise motion."

Prevention pick: **The Body Shop Cactus Brush** (RRP \$19, thebodyshop.com)



Shield your kisser

"To protect your smile from the drying effects of a hot shower, swipe on lip balm before turning on the water," says celebrity makeup artist Matin Maulawizada.

Prevention pick: **Mavala Lip Balm** (RRP \$14.95, mavala.com.au)



USE HYDRATING CLEANSERS

Go with an oil

If your skin flakes even after you've applied lotion, it's time to take a closer look at the products you're using. "Avoid cleansers that contain harsh detergents like ammonium lauryl sulfate, which

can make your skin dry out faster," Dr Peredo says. A better option? Use washes enriched with oil, such as argan, jojoba or sunflower seed, which both cleanse and moisturise.

Prevention pick: **Nivea Shower Cream and Oil Pearls** (RRP \$5.49, Priceline)



MOISTURISE TWICE EVERY DAY

Lotion up after showering

"To fight dryness, look for a body cream formulated with ceramides or fatty acids to bind skin cells and prevent scaly skin," says dermatologist Dr Ted Lain. "Also look for humectants like hyaluronic acid and glycerin, since they bring in moisture."

Prevention pick: **QV Intensive with Ceramides Moisturising Cream** (RRP \$26.99, Chemist Warehouse)



Soften skin overnight

"Constant exposure to cold, dry air and moisture-zapping indoor heat will leave your body parched by day's end," Dr Peredo says. To the rescue? A dose of body oil. It will quickly sink in to calm tight, itchy skin before bedtime.

Prevention pick: **Palmer's Coconut Oil Body Oil** (RRP \$9.99, Priceline)



Fast fact

Wind can reduce the natural sun protection in our skin, letting more of the sun's ultraviolet rays cause damage – even in winter.