

## **WINTER SKINCARE REGIME FOR DRY SKIN**

Most often, people with dry skin face a lot of problems like dullness, itchy, flakiness during winters. While some other falls into developing mild to severe skin conditions like dermatitis, eczema etc.

One of the major causes of developing such problems is by not taking good skin care.

Here are few of the simpler steps that's going to help all those suffering from dry to extreme dry skin in winters.

### **1. Use Oil based Cleansers:**

For a dry skin type, cleansing face with oil works wonders to skin leaving it all moisturized and soft by removing all the impurities from the skin at the same time. One can also use coconut oil or olive oil as a substitute for cleansing skin. Some top rated cleansers for dry skin type involves Cera Ve Hydrating Cleanser, Cetaphil gentle skin cleanser, Dermalogica special cleansing gel and many more to the list.

### **2. Use Mild Facewashes:**

It is very essential to use facewashes with a Ph level less than 7, as facewashes with high Ph level even causes more damage to the dry skin by causing irritation. There are variety of cleansers available at the market which are dermatologically approved and tested to have a Ph level less than 7. Cera Ve hydrating facewash, Body Shop vitamin e gentle face wash and dove dry skin relief face wash are one of the best to go for all dry skins.

### **3. Don't towel dry your skin:**

It is to keep an important note that after washing your face, never use a harsh towel or else it will result in skin rash or irritation. Best to go for micro fiber cloth towels to protect the skin. Avoid muslin towels as it is harsh for skin.

4. Use relief cream for sensitive skin:

These cream works the best on dry and itchy skin, providing them calmness effect within seconds. Such creams are hypoallergenic and soothes the skin without drying them up. Creams like physio gel calming relief cream, Eucerin omega soothing cream and Ezerra cream to treat skin conditions like eczema and dermatitis on skin.

5. Use a gentle toner:

Toners are important to keep skin fresh and glowing, it helps in removing any excessive makeup that even those cleanser and facewashes didn't take away. Toners with a less Ph volume suits the best with a dry skin type. As some toner contains those harmful chemicals which can cause more damage to dry skins. Mild toners work the best for a person from dry to extreme dry skin type. Some of the best reviewed toners include Dermalogica Multi active toner, Avene gentle lotion toner and PCA skin hydrating toner, If one is looking for a more natural way to treat skin then milk is the best toner to go for. leaves the skin moisturized and fresh at the same time by gently taking away the dirt or any remaining impurities.

6. Enhance skin by the right serum:

Using the right serum will perfectly nurtures the skin if applied daily. For dry skin type having conditions like flaky, chippy skin serums perform their best jobs in healing them all. There are a number of serums like Cera Ve hydrating serum, Skin Medica HA5 rejuvenating Hydrator, Neutrogena hydro boost night pressed serum which protects the skin from free radicals and moisturizes the skin.

7. The last step with the correct moisturizer:

Keeping the moisture locked onto dry skins are hard, that's why specified moisturizers are made to keep the skin hydrated all day long. Keep in mind using the right moisturizer which improves skin elasticity. By a generous amount of moisturizer helps to keep the skin's moisture lock-in for hours. Cetaphil cream, Cera Ve moisturizing cream for dry and sensitive skin, Neutrogena hydro boost gel cream are rated the best to treat dry skins.

Properly followed skin care regime helps in treating any kind of condition a dry skin possess. Keeping it all healthy, fresh and stunning all day long.