

“Exfoliating your skin is a must, and it’s important to adjust your winter skin-care routine with moisture-intensive treatments such as serums and masques,” adds Stegehuis.

Regular exfoliation is vital to remove dehydrated, dead surface skin cells and flakes year round, but skin may need more frequent exfoliation during the winter months so that serums, treatments, masques and moisturizers can absorb effectively.

When caring for your skin and exfoliating at home, use a very gentle hand. Don’t tug or pull on skin when cleansing and be certain not to grind exfoliating beads into your skin or use them around the delicate eye area.

Some other very basic solutions to help relieve winter-parched skin include turning down your thermostat a few degrees so as not to overly dehydrate your home, and drinking lots of water.

“Use a humidifier to add moisture to your indoor environment, bathe with warm – rather than hot – water and avoid lengthy soaks in the bath or hot tub,” recommends Loo.

Handle your skin gently, patting rather than rubbing yourself dry after cleansing, and apply moisturizers and creams to your face and body while your skin is still slightly damp to seal in moisture.

“From a dermatological point of view, some of the skin-care products that I recommend include medical grade, topical, antioxidant serums, which are important year-round to help fight free radical skin damage from the environment,” says Loo.

“Humectants and emollients are vital to reinforce the skin’s natural protective barrier function and it’s an absolute must to wear sunblock year round,” she adds.

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