

## SKINCARE

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“The skin is the body’s largest organ. In order for it to function optimally, it must be properly cleansed, nourished and protected,” says Jan Drogemuller, an aesthetician at Mayfair Salon and Spa in London.

Handling your skin gently, booking a skin-care analysis to determine which specific products and routines are best for your skin and using top-quality products are among Drogemuller’s recommendations.

Skin cells take longer to rejuvenate and turn over during the winter months, and the skin’s blood vessels constrict, slowing circulation to reduce heat loss in response to the cold – all of which results in a dull, devitalized appearance and the buildup of dead skin cells and flakes on the skin’s surface.

“Take action before your skin feels tight and dehydrated with the blotchiness, rough patches and dry, flaky areas that are so typical of winter-stressed skin,” recommends Kristen Stegehuis, the developer of the MOOi Skincare line and the owner of MOOi Medical Aesthetics and Spa in London. ➤

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