

Winter Skin Care Tips

The changes in the seasons can have an effect on the condition of your skin. Especially if you live somewhere with very harsh winters this can have a negative impact upon the health of your skin.

The different seasons have different weather conditions, and these changes can significantly affect your skin. Especially in climates with dramatic swings from cold to warm and back again. Not only do these climates wear down the body's immune system, but also your skin.

If your skin is exposed to the elements then it can dry out, even start flaking, or worse, cracking (cracking and dried out skin can make your skin more susceptible to infection). You should take good care of your skin during these bitter winter months. As long as you are on your guard and take a few steps to protect your skin, you should be able to avoid the winter damaging your skin too much.

I know that most people only apply sunscreen when they go on holiday during the summer! This is not the right thing to do, you should apply suntan lotion every day of the year, even during the winter. Be sure to apply a sun screen with SPF of 15 or greater, otherwise there is no point. The sun reflects off the snow and ice that can not only cause snow blindness, it can also be damaging to your skin. It is also a good idea to use noncomedogenic sunscreens and lotions so you will not create a breeding ground for acne causing bacteria and viruses like herpes and canker sores.

Wrap up warm when you venture outside, wear a scarf that you can pull up over your cheeks. This not only protects the skin from the sun, but also from the bitter wind and harsh elements. Wind alone can severely dry out your skin and rub it raw, so bundle up and do not be afraid to use a hood.

You should exfoliate your skin on a regular basis, this helps to get rid of those pesky flaking skin, and also smoothes the skin's surface. Exfoliation is essential to optimum skin health. There are two main types of exfoliant.

There is a chemical exfoliant or skin peel, such as the AHA skin peel, which works by killing off the top most layer of skin, to give you a radiant complexion. There are numerous types of skin peels and according to doctors and plastic surgeons the TCA skin peel is the easiest to apply and, by far, the most effective and longest lasting.

TCA peels are used in almost every dermatologist and plastic surgeon's office for treating everything from dry skin and aging skin, to acne and numerous other skin problems and diseases. TCA skin peels normally run \$500 to over \$1000 per treatment, but have now been made available for in home use.

Source: <http://www.articlecircle.com>

About the Author

For the rest of this article and more great similar topic articles please visit <http://www.bestskinpeel.com>.