



WIN OVER WINTER

As the weather cools down, there's no better time to take care of your skin. *After Hrs* gets experts to tell you how...

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As winter knocks on the window, shawls and jackets become a common feature and cracked lips and itchy skin are unwanted guests. Whether you spend time in the confines of your air-conditioned office or outdoors, the changing weather spares no one. "In winter, the skin

becomes dry, resulting in itchy, flaky skin. If you are in your car or riding pillion on the bike, the cold draft of wind can cause wind burns. These can make the skin go red and also sometimes result in rashes," says Dr Mohan Thomas, senior cosmetic surgeon, Cosmetic

Surgery Institute and Breach Candy Hospital.

While moisturising and keeping the skin hydrated is imperative to looking good this season, it cannot be the only routine you follow. "A moisturiser is not the only solution. A sun-

screen is also very important. Don't ignore sun protection during these months," says Dr Rashmi Shetty, Cosmetic Physician. Dr Thomas agrees and adds, "The winter sun is harsher than the summer sun. Sunscreens are effective only for four hours, so make sure you re-apply it every few hours." This season is marked by low temperatures and lack of humidity in the air, which can cause your skin to feel tired. "It is important to not just apply a hydrating cream but also to exfoliate and massage the skin. A two-minute massage while applying the moisturiser is the trick," says Dr Shetty.

The cold foggy weather is also the time when laziness takes over. While you may want to hit the snooze button a dozen times and snuggle in your blanket or just sit in a hot bath for hours, this is not advisable. "One should avoid taking a bath in very hot water; opt for luke-warm water instead. Hot water tends to dry the skin more. Exercising and healthy eating is also very important," adds Dr Swati Srivastava, dermatologist.

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