

Winter Skin Care blog

Taking care of your skin is important all year round, but especially in the winter when humidity drops and your skin tends to lose its natural oils. Prolonged dry skin can lead to more serious issues, such as dermatitis and eczema, so make sure to consult your doctor on how best to treat dry and maintain healthy skin. Here are some handy tips you can practice to keep your skin healthy during the winter months.

Bundle Up!

Wear layers when you travel or know you'll be going between cold and warm temperatures. Wearing gloves, hats, scarves and wind-resistant coats can go a long way in protecting your skin. Staying warm and protecting your skin can help prevent more serious damage and health issues, such as hypothermia and frostbite.

Avoid Contact with Water.

Especially hot water. Although it is cold outside, try to take warm showers instead of hot showers. Hot showers work to eliminate your body's natural oils and this can cause irritations to the skin. Try to keep your contact with water to a maximum of 15 minutes. If you are washing dishes, wear rubber gloves to help protect your hands.

Moisturize, Moisturize, Moisturize!

As soon as you are done in the shower or bath, pat yourself dry and moisturize. Lotions and moisturizers help to prevent water from leaving the body and drying the skin out more. It might also help to switch out your usual lotion or moisturizer for an ointment or cream moisturizer.

Be Conscious of Harsh Chemicals.

Soap is designed to strip your skin of its natural oils. In the winter, your skin needs the extra help of its oils, so try switching to a gentle cleanser and avoid skin care products with alcohol in them.

Caring for Your Face.

Even though it is harder to cover your face in the winter, it is important to still moisturize it. Yes, even in the winter, you should wear sunscreen. Your skin is still exposed to ultraviolet rays, and this can damage your skin.

Eating Skin Healthy Foods.

Help protect your skin by eating skin healthy foods. These include, carrots, apricots, spinach, tomatoes, berries, types of beans, fatty fish such as salmon and mackerel, and nuts. Having these in your diet helps create a protection for your skin.

Community Care Physicians Dermatology

CCP's Dermatology offers excellent service in the field of skin care and can be found [here](#).

If you are need of assistance, the Concierge Care Coordinator would be happy to connect you with a provider. <https://www.communitycare.com/Contact/Concierge-Care-Coordinator>

Sources:

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