

7 Tips For Glowing Skin In The Winter

Winter is a favorite season for many people, including me. Fuzzy sweaters, hot lattes, and cozy fires never fail to give my heart a certain comforting warmth.

However, the colder months may not always be so forgiving on our skin. Even the healthiest and most radiant complexions can quickly turn dry and flaky in the colder months. But with the right winter skincare routine, your complexion can soon glow like the summer sun!

Wondering about the best ways to keep a flawless and glowing complexion all winter? Keep reading, and I'll let you know.

Key Takeaways

- Keep your **skin moisturized**
- Maintain a natural and **simplistic skincare routine**
- Indulge in a **face mask**
- Stay hydrated - i.e., **drink water!**
- Moisturize your **lips**
- Keep a **humidifier** in your home or bedroom
- Use a soothing and **gentle cleanser**



1. Moisturizing Will Be Your Best Friend

Each of us has a unique complexion that makes us who we are. And we also all have our individual skin concerns. And throughout our skincare journey, it's crucial to find a personalized skincare routine tailored to our unique complexion.

No one's skin is the same. What might cure life-long acne for one person might exacerbate breakouts for someone else. **There's no such thing as a one-size-fits-all when it comes to skin!**

This is especially important to keep in mind in the winter. Though we may need to search to find what works best for our unique skin, there are some basics we can all agree on.

Moisturizing - Something *Everyone* Should Do

Moisturizing our skin is vital to obtaining a healthy and happy complexion. Whether you have acne-prone skin, dry patches, or excess oil in your T-zone, moisturizing is often the cure to ease your skin's suffering.

Though dry skin is a common concern for many people, it can reach unprecedented levels in the winter. This is for a few [reasons](#), but can be primarily attributed to low air humidity and harsh atmospheres.

So, *make sure you're moisturizing your skin!* Especially during your evening skincare routine, use rich and creamy hydrating products to deliver your skin the moisturizing treatment it needs.

My personal favorite is CeraVe's [Moisturizing Cream](#), which never fails to keep my complexion plump and hydrated, no matter the season. This has been my trusted moisturizer for a couple of years now, and I couldn't recommend it more.



2. Keep Your Skincare Routine Simplistic

When our skin starts to misbehave, it's natural to feel a slight inward panic. And when this happens, many of us resort to [overcomplicating](#) our skincare routine in a desperate bid to find the *perfect* product to save our suffering complexion.

I've been there before. And I remember how hard it was to break away from this cycle.

But during the winter months, our skin is already undergoing additional stress as the season changes. And harassing your delicate complexion with assorted exfoliators, serums, or toners can inevitably lead to a new abundance of skin concerns you previously didn't have.

So, *keep it simple*. **Moderation is key**, and simplification can, in the end, save your skin from a mirage of damaging consequences.

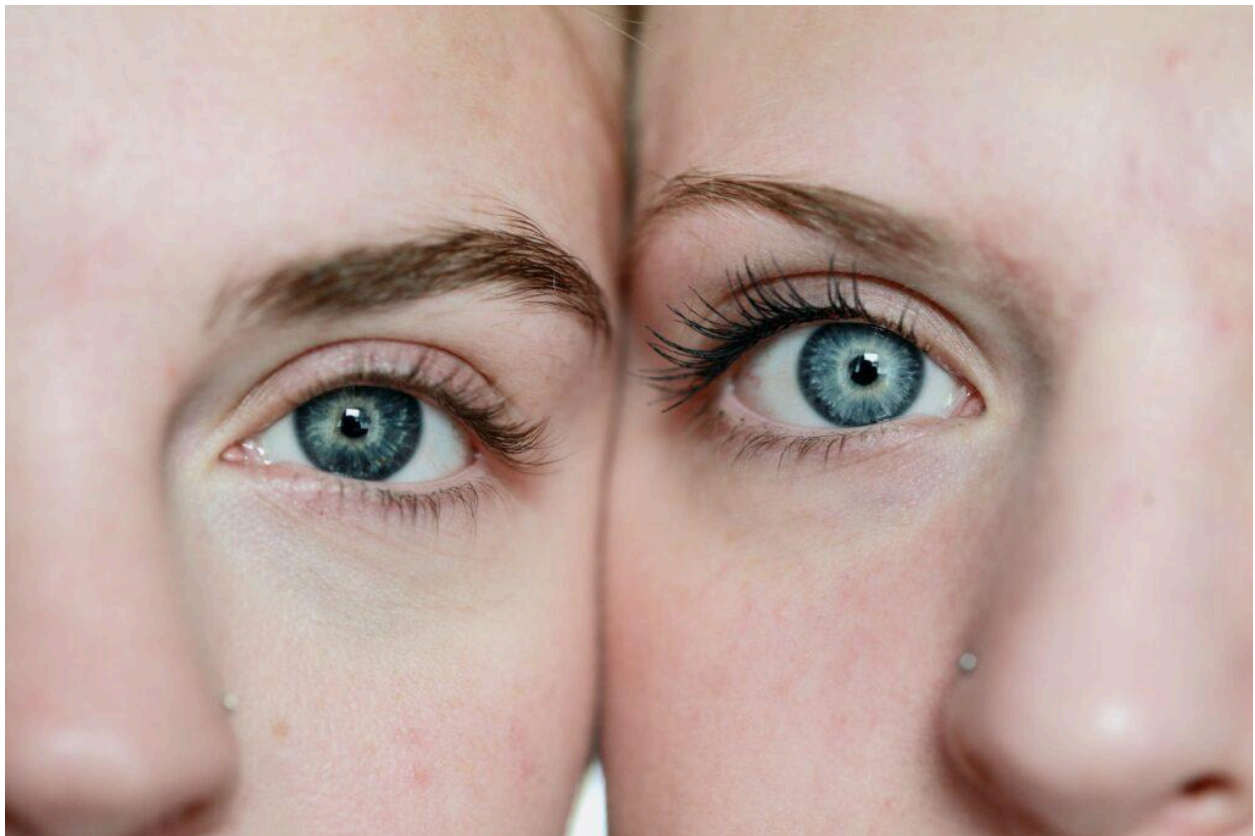
3. A Facial Mask Can Give Your Skin The Hydrating Treatment It Deserves

Winter is coming, and so is dry, chapped skin. It's a daunting future, but if you're not prepared, you'll be face-to-face with it soon.

As I said earlier, *you should be moisturizing your skin*. **And indulging in a freshly hydrating face mask is key to delivering your skin the nourishing and healthy nutrients it needs to glow.**

Find a [face mask](#) that works for you. Something infused with botanicals and formulated with natural ingredients will go a long way in protecting your skin from winter woes.

Whether you prefer sheet masks or richly hydrating creams, a face mask product high in **vitamins C and E** or **hyaluronic acid** is a great way to go.



4. I Shouldn't Need To Say This, But Drink Water

Everyone should have this pounded into their heads by now. If you want healthy and renewed skin, *you need to drink water.*

Don't underestimate the power of drinking some H₂O. I've been guilty of not drinking water when I should have, but please learn from my mistakes. For your skin's sake!

The Lifeblood of Your Skin

Good ol' fashioned water has a neutral pH, which is key in cultivating a healthy pH for your skin. Maintaining the right [pH](#) balance is critical to preserving a healthy and glowing complexion.

In addition, water can help clear your body of impurities. Your body might have pent-up toxins lurking in your blood and skin. But you don't need to go on a dry juice cleanse to "detox" your body. Just drink water!

Water also helps your skin

- Maintain a youthful elasticity (meaning it can reduce wrinkles and fine lines)
- Combat acne and breakouts
- Stay hydrated and fresh

So, before you decide to splurge on a warm latte on a chilly morning, drink a glass of water!

(And then have a latte.)

5. Keep Your Lips Hydrated

Delicate parts of your face, like your lips and eyes, are more susceptible to developing dry and flaky skin. Even over-licking your lips can lead to something known as "lick eczema."

Chapped lips are not only unappealing, but they're also incredibly frustrating. So in the winter, it's more important than ever to **keep your lips moisturized and adequately protected from the dry, cold winter air.**

In addition, our lips are also highly vulnerable to sunburns. This might not seem like a prevalent concern in the colder, overcast months, but if you plan to go skiing or engage in winter sports, you should keep this in mind.

Ingredients like **zinc oxide** are pretty reliable for reflecting the harmful UV rays from the sun away from your delicate lips.



The Best Way To Get Soft, Supple Lips

My secret for soft, supple lips year-round is [Vaseline](#) petroleum jelly. I remember when I started using this bad boy on my lips *years* ago, and it wasn't much of a craze. But it's never failed to keep my lips hydrated, soft, and velvety smooth.

I'm glad that now more people see the true magic of Vaseline. So, give it a try if you haven't!

6. Get A Humidifier For Your Home

Our skin is a delicate extension of ourselves and should be treated with affection and respect. Often, our skin can react harshly when we are treating it rather roughly or without the gentle touch it needs.

In the winter, our skin is thrown into a harsh and unforgiving environment. And dry air can wreak havoc on our delicate complexions.

Bringing a [humidifier](#) into your home or bedroom can work wonders for your skin. After all, moisturizing lotions and creams can only go so far. When the air is sucking the hydrating directly from your pores, there's not much a one-time hydrating sheet mask from Target can do.

A humidifier allows your skin to be surrounded by a healthy and hydrating environment from all sides. Even just running a humidifier while you sleep can help you wake up with a refreshed and revitalized complexion!



7. Use A Gentle Cleanser

Especially for those with acne-prone skin, cleansing your skin properly is the best way to obtain a glowing complexion. Breakouts are [caused](#) when our pores produce excess oil - also known as sebum.

Find a gentle and reliable face wash that can whisk away dirt, bacteria, and makeup hiding in your pores. Without a dependable facial cleanser, your skincare routine will never be complete.

Likely, you already have a cleanser in your skincare routine that you have used for a while.

After all, a skincare routine without a trustworthy cleanser is like a house with no foundation!

Finding The Right Cleanser For Your Skin

Ensure you are not overusing exfoliating cleansers and that your face wash is tender on your skin. Use a cleanser with effective ingredients like

- **Hyaluronic acid**, a powerful anti-aging and moisturizing agent
- **Retinol**, which promotes a healthy and smooth skin texture
- **Salicylic acid**, a beta-hydroxy acid, which is fantastic for combating acne
- **Vitamin C**, which is an antioxidant, decreases free radicals in your skin and promotes a brighter complexion

A gentle cleanser helps keep your skin's natural protective barrier strong and healthy while tenderly hydrating dry skin.

Winter comes for us all, regardless of where we are in the world. And our skin is the first part of us to feel the sting of a chilling breeze.

Want more tips on how to treat your skin the right way? Stick around, and I'll share more info next time.