

It's beginning to look a lot like....Winter skin!

Many skin conditions pop up during the colder weather. Dry patches, itchy & Eczema flairs are on the rise during weather season. Remember never leave home without applying sunscreen. The sun's harmful rays do not go away just because it gets colder. Opt for a sunscreen with at least SPF 30 protection. We still have to protect. I prefer sunscreens that have zinc oxide opposed to harsh chemicals. It offers broad spectrum protection against UVB and UVA rays.

Stay away from skincare products that contain alcohol because it can cause skin stripping during the cold weather. Alcohol can take away natural oils from your skin. Oils that are great to use are vitamin E, Rosehip, Jojoba, seabuck thorn, raspberry leaf, almond oil and Milk thistle. Those oils absorb into your skin and they assist in repairing and protecting your skin. We all need protection from Free Radicals. Those oils should be applied at night. After your skincare regimen. During the day, you would use your sunscreen and regular moisturizer.

Many people have an issue with the white residue that sunscreen leaves behind, but there is a trick to that. Pour sunscreen onto the palm of your hand and add a few drops of glycerin or raspberry leaf oil. Then rub together and apply to the face. **DONT RUB FACE. APPLY GENTLY. GOING UPWARDS. INCLUDING NECK AND CHEST AREA.** Raspberry leaf oil is a natural sunscreen protector, and it thins out that sunscreen, so that it won't leave any chalkiness behind. Oils are full of antioxidants and when you apply it at night, during the moment that your body and skin are repairing, which happens while we sleep, the antioxidants work best. You can apply the oils on your arms, legs, and feet too.

Lips get drier in the winter too! You can do a lip scrub using coconut oil and sugar. 1 tsp of sugar, 1 tsp of coconut oil. Mix together and rub on lips with your pointer finger gently in a circular motion for a few seconds and wipe off. I do that after I brush my teeth. Morning and night. Chapstick is not very effective when you don't exfoliate your lips. This will not only temporarily help with your dry or cracked lips, but it will help repair them.

Let's not forget:

Make sure that you eat a balanced diet and take your supplements and stay hydrated with water. Which is great for the skin!! Supplements and food that contain omega-3, omega-6, omega 7 fatty acids, such as fish oil, flaxseed oil and Sea Buckthorn. Dry eyes happen in the winter too and the omega fatty acids help with that as well. As always, make sure you ask your healthcare provider if it is safe for you to take any supplements. Supplements can interact with many prescription meds. It is very important to get your vitamins from healthy foods, so keep that in mind.

Those that are vegan or vegetarian, check out

<https://www.medicalnewstoday.com/articles/323144>

For a list of the fatty acids that you can include in your diet. For food group information on what is recommended, visit choosemyplate.gov. Take care of you and your biggest organ, your skin!

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