

# 5 Tips for Better Winter Skin



Winter days are all about experiencing cozy days in and hot chocolate moments... and dry, scratchy skin? It's true — the cold weather does a number on our skin's moisture content. That's why it's essential to take care of your skin year-round, especially during the colder months.

We're sharing five tips to keep your skincare routine on-point this winter season!

## 1. Hydrate. Hydrate. Hydrate

Eating well and keeping yourself hydrated is something you can't skimp on this season. It's important to fuel your body with fluids and good foods this winter. Drinking a good amount of water will help with dryness, staying away from sugars, and eating whole foods that are rich in essential vitamins, minerals, and fatty acids will help. Your (winter) skin will appreciate the extra love and care with Climate Control – one of our favourites to help keep skin hydrated day and night!

## 2. Moisture is Your Friend



Wintertime is synonymous with dry skin, so make sure you're moisturising from head-to-toe. Using a daily moisturiser like Daytime or Evening Moisturizer will help keep scratchiness and cracked skin at bay.

Putting on lotion while your skin is still wet, is a good way to keep in the added moisture. Another daily routine that may impact your skin during the chilly season? Hot v. cold showers. Opt for a cooler shower — hot water can deplete the natural oils from your skin, leaving it feeling more dry than normal.

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### 3. Layer on the Lip Care



Dry, cracked lips are likely in the forecast this winter season, unless you take proactive steps to moisturise your pout. Before you get your beauty rest, apply an Overnight Lip Mask and then massage Lip Line Corrector around your lip contour and mouth dab on Overnight Lip Mask to soothe and hydrate your lips. It contains Shea Butter super berries, which helps soften and protect skin, a seasonal must! Plus, this advanced formula helps fight signs of aging and improve the appearance of pesky fine lines and wrinkles.

What's not to love?

Pro Tip: Keep our Moisturizing Lip Balm handy. It's the rejuvenation your lips need when you're on the go and need of some instant lip care!

### 4. Soak in the Sunscreen

It's important to keep sunscreen as a part of your winter skincare routine. Just because the days may be colder and cloudier, doesn't mean you can slow down on the SPF. Once you apply a good sunscreen for all-over protection, grab a self-tanner to give you that golden glow during those gloomy winter days. SeneSun Self-Tanning Bronzing Coconut Milk contains effective ingredients and moisturisers, to help create a natural-looking tan while providing anti-aging benefits.

### 5. Lay the Right Foundation

If your skin is already feeling dry this season, "pat, don't rub," your makeup. You don't want to cause your skin to flake or peel, so be careful with how you're applying your foundation and use techniques that causes less rubbing.

When you hit the town, make sure to reach for a foundation that helps perfect your skin tone and moisturise it, because your skin may be feeling more sensitive than usual. MakeSense Colour Correcting Tinted Moisturizer helps nourish and moisturise — vital for those long winter days.

When you're back home, gently cleanse your face and apply a moisturising treatment to help replenish and repair your skin. Pick a non-drying product like Detoxifying and Moisturizing Mask, which helps gently remove impurities from pores, giving you smoother-looking skin.

Now that your skincare regime is set for the season, grab those cute boots and chic scarf — it's time to make winter 2022 memories!

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