

# Winter Skincare Tips

Winter months can be brutal on your skin. Our skin is exposed to variations in temperature, as well as wind and rain, which can put stress on our delicate skin barrier.

Knowing how to take care of your skin in the winter is the first step to saving the oils that protect your natural skin barrier. Effective cold weather skincare requires making some changes to the products you use, your daily life, and the ways you warm up.

## Exfoliate once a week with our Facial Resurfacer.

Between the outside cold air and dry indoor heating, your skin cells dehydrate and die out. Using Our Facial Resurfacer that contains granules of Vanuatu volcanic ash for a powerful buffer, you can achieve glowing, soft, and revitalised skin.



## Moisturise Daily.

Moisturisers are great against the dehydrating effects of winter.

Keeping your skin hydrated by using a daily moisturiser like Daytime or Evening Moisturizer will help replenish and restore moisture.



## Add a drop of Nangai Oil to your Daytime or Evening Moisturiser, CCTM or Foundation for extra hydration.

Nangai Oil helps your skin retain moisture and reduce the signs of ageing, making your skin luminous, glowing, and deeply hydrated. You can even add a drop to your Moisturiser or Foundation to feel extra luxurious.

## Drink your water.

Dewy, hydrated skin started from the inside out. Your skin can't hang onto moisture it doesn't have. So drink your daily 8+ glasses of water to keep skin supple.

## Limit hot showers.

Hot water can easily strip away your skins protective oils, so keep showers or baths to about 10 minutes and wash with lukewarm water.

Any of these Winter Skincare Tips will be sure to improve your dry winter skin!  
Comment below your favourite Winter Skincare Tip!

Sheer Sense®