

HEALTH+FITNESS

A winter glow

Looking radiant takes a little more effort in the colder months. RAQUEL DE BRITO asks the experts how to maintain glowing skin when the temperature drops.



In a State blessed with glorious long summers, winter tends to get a bad rap.

It is blamed for killing our motivation, wreaking havoc on our waistlines, sucking the life out of our summer glow and throwing us into an endless cycle of colds and flus.

"Our most common complaints during winter are dryness and dehydration of the skin," says Dr Andrew Clark, medical director at Mira Clinic.

"The cooler, dryer months, combined with time spent in front of heaters make a significant difference to how our skin looks and feels, plus it takes a little effort to stay in tip-top condition and we find clients often struggle with this."

For people with sensitive skin, Dr Clark says winter can be especially hard on them and may lead to dryness, inflammation and even rashes.

Try these tips to bring your skin to life this winter.

BRING MOISTURE BACK

Achieving a radiant glow all comes down to minimising or preventing dry skin, which means extra time needs to be invested in beauty regimes during winter.

Certified nutrition and wellness adviser Keira Rumble, founder of Krumbled Foods, says drinking more water combats dry winter skin.

"Keep in mind your body needs to stay hydrated from the inside out," she says.

She also suggests regularly exfoliating as it can help get rid of dead skin cells during winter.

And as tempting as it may be to have hot showers to warm up, she says they remove the natural oils from your body.

Dr Clark agrees, adding they are incredibly dehydrating for the skin.

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bathing to help lock in the moisture on your skin," he says.

Ms Rumble also recommends lip scrubs as a great way to prevent chapping and dry skin build-up on your lips, and cuticle oil to ensure cuticles and nails are well hydrated.

She says many foaming cleansers have surfactants which have a drying effect on the skin and recommends swapping them for a lotion cleanser in winter.

Dr Clark says it is also worth setting aside one night a week for a nourishing and moisturising at-home mask. With skin conditions that can flare up in winter, such as eczema, he says prevention is always better than cure.

"So instead of waiting for your skin to become dry, irritated and sensitive, pre-empt these problems by starting early with your hydrating skin care and talk to your skin care expert about the best in-clinic treatments to boost the health and resilience of your skin."

WINTER INDULGENCE

What better way to escape the winter blues than by indulging in beauty treatments?

Crown Spa supervisor Sera Tan says during the colder months the combination of windy, dry weather outside and the humidity-depleting heaters inside homes results in the skin

being drained of moisture.

"This in turn causes skin to lose elasticity and become dull, patchy, flaky and dry," she adds.

Ms Tan says this can cause a heightened appearance of wrinkles/fine lines.

"In order to combat these concerns, it is of utmost importance to use the proper skin care range and good self-care habits, including increased water intake, while incorporating appropriate skin-saving treatments," she says.

Three of the best treatments to indulge in this winter

LA PRAIRIE SWISS BLISS

Where: Crown Spa Perth

What it is: It begins with a 90-minute full body exfoliation and Caviar body massage, enveloping your body and mind, and is followed by a 90-minute Caviar Lift facial to nourish and revitalise.

Duration: Three hours
Cost: \$550

SODASHI VANILLA BODY BLISS

Where: Bodhi J

What it is: A full body scrub finishing with Vanilla Body Butter being applied to the skin to help deeply rehydrate. It exfoliates dry skin and hydrates.

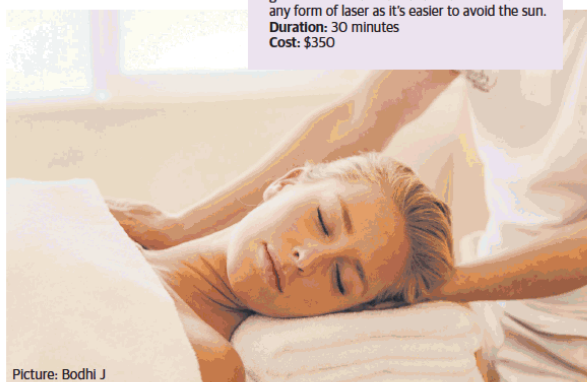
Duration: One hour
Cost: \$150

LASER GENESIS

Where: Mira Clinic

What it is: A non-invasive and pain-free procedure that slows the ageing process by stimulating collagen production. Popular in winter because it restores dry and dull looking skin by brightening and giving skin a healthy glow. Winter is also an ideal season to start any form of laser as it's easier to avoid the sun.

Duration: 30 minutes
Cost: \$350



Picture: Bodhi J