

Five Tips For Healthy Skin In The Winter

Cold weather can be challenging for your skin, leaving it dry and sometimes flaky and itchy. Extra care may be needed to keep it healthy, supple, and smooth throughout this season. Here are 5 easy to implement tips you can use to keep your skin healthy this winter!

Forget Hot Baths

It may seem very tempting to soak in a hot bath after being out in the cold, but a hot bath can strip the natural oils from your skin, leaving it dry and even a little inflamed. Try and settle for a warm bath instead, and avoid soaking too long. Be selective in choosing the products you use on your skin. Your best and healthiest option is to use organic, all-natural coconut oil for your skin. You can use this as a moisturizer for your whole body. Rub the coconut oil in your hands and massage it into your body focusing on high use areas such as your elbows and knees. If you can't get a hold of coconut oil for your skin, make sure to stay away from moisturizers that contain harsh chemicals that could hurt or dry out your skin even more. Make sure to choose organic body products with natural ingredients.

Moisturize

Making sure you moisturize consistently throughout the colder months can help keep your skin looking great. Make sure you pat yourself dry and then slather on moisturizer immediately after a bath or shower. You want to do this to restore the moisture lost when you bathed. Before you rush off to buy a moisturizer, make sure that you read the ingredients list. Look for all natural ingredients and avoid moisturizers which

contain alcohol, parabens, or other chemicals that can be toxic to your body. Or, of course, as mentioned above, use organic coconut oil.

Treat chapped lips with you a natural lip balm made with lanolin. Lanolin is an oil that keeps skin soft and moisturized. Again check your ingredients list for chemicals and stick to all natural ingredients.

Also, when heading out into the cold, take a small bottle of moisturizer that you can use when you feel your hands getting dry. Apply it on as often as needed. Winter is not the time to scrimp on moisturizers!

Eat Healthy and Keep Yourself Hydrated

Hydration is just as important on the inside, so keeping hydrated is key to healthy skin in both the summer and winter months. Even though it feels cold, make sure you are still drinking enough water. Remember, your body is made up of at least 60% of water and you need water not just for your skin but for your overall health. Try and drink at least half your body weight in ounces of water and add more as needed depending on climate and activity level. If you have to, set an alarm to remind you it is time to drink a glass of water.

Also, winter tends to be a time when comfort food calls. Eating healthy foods like fruit and vegetables high in antioxidants will fight free radicals found in your body and help keep your skin healthy and supple. These foods also promote the production of collagen, which is essential for great looking skin.

Humidify

Humidifiers emit water vapor and increase the moisture level in the air. These are great to use during winter because it is the lack of moisture in the air that can contribute to dry, cracking skin. A humidifier can also help you sleep by reducing nasal congestion that is so common in the winter.

Keep Your Hands and Feet Warm and Dry

Do not forget your hands and feet. If irritated, the skin on your hands and feet can crack or itch. If you suffer from eczema, winter can be a common time for flare ups! Change your gloves or socks as soon as possible if they get wet. Keep hands and feet warm and dry!

Hopefully, these tips help you keep your skin looking amazing this winter. Remember prevention is always best, so implement these tips before you notice dry or cracking skin to maintain skin health throughout the cold weather season.

Do you have any other tips for healthy skin in the winter? We would love to hear from you in the comments below.

Recommended Reading:

- *Heal Cavities, Gum Disease, Naturally with Organic Oral Care – Toothpaste recipes included*
- *5 Famous Tips to Keep Your Skin Young, Healthy, and Radiant*
- *Powerfully Healing Raspberry Cream Smoothie Recipe*
- *Natural Hair Loss Baldness Remedies and Cures*
- *Personal Care Recipes With Coconut Oil*