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## 7 Ways to Protect Your Skin From Winter Weather

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Rosy cheeks are just about the only *pleasant* side effect of winter weather on your skin. The cold, harsh temperatures outdoors and warm, dry temperatures indoors (thanks to heaters), can throw your skin for a loop.

Once winter rolls in, your skin can start showing the symptoms of the much colder temperatures. Dryness, flaking, irritation, and dullness can make this season one of the most difficult when it comes to managing healthy skin. So long as it's colder than normal out, it's important to keep your skin really moisturized and hydrated to compensate for inescapable dryness in the air.

You should reassess your skin care regimen as soon as the temperatures start dropping. Are you set to protect your skin against the harsh winter weather you'll be stuck with for the next few months? Here are seven ways to protect your skin from winter weather:

### 1. Keep applying sunscreen.

Just because it's no longer scorching outside and the sun is making a shorter appearance during the day, it doesn't mean you can stop using your sunscreen. It's important to apply throughout the year, especially if you live in the mountains (closer to the sun's rays) or in snowy areas (where the sun reflects off the snow, making it even more intense). The **Umbrella Sunscreen Broad Spectrum SPF 30** offers both UVA and UVB protection, so you'll be safe even under more intense rays. It's also extremely moisturizing, while still being lightweight enough to be applied under moisturizer or makeup.



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## 2. Amp up your moisturizer.

The best and easiest way to protect your skin against the drying winter weather is to keep it moisturized. Unfortunately, the moisturizer you've been using all year might not cut it during the colder months. You may need to switch to a heavier hydrator like the **AM/PM Moisturizer**, which is a rich blend of emulsified oils and intensely hydrating and softening ingredients like Sodium Hyaluronate, seaweed extract, and shea butter so your skin stays soft and revitalized all through the season. As a bonus, the emollient also contains antioxidants and grape stem cell extract to protect against the free radical damage that causes visible skin aging.

## 3. Start using a serum.

A little serum can go a long way in keeping your skin moisturized. If you're going straight from cleansing to applying your moisturizer and are experiencing dry skin, it's probably time to add a serum into your routine (after cleansing and toning, and before moisturizing). The **G.S. Ginkgosome**<sup>®</sup> is Doctor D. Schwab's go-to serum that works for any skin type. It's an extra layer of concentrated hydration that will boost the moisture levels in your skin while it immediately improves the skin's texture and fights the visible signs of aging.

## 4. Switch to a milky cleanser.

Instead of sticking to your usual cleanser, it might be a good idea to use a milky cleanser or even a cleansing oil during the winter because they are more moisturizing. With just a couple drops of water, the **Sensitive Cleanser** or **One-Step Cleansing Oil** remove dirt, oil, and impurities while leaving skin soft, supple, and free of irritation.

## 5. Use a hydrating mask at least once a week.

Doctor D. Schwab's **Arnica Mask** soothes and hydrates dry, aggravated skin. Its blend of natural ingredients is gentle enough to use multiple times a week and can even be used as a moisturizer if the AM/PM Moisturizer (or whatever you're using), isn't cutting it. A calming lavender scent and compound of Arnica montana flower extract, highly concentrated peptides, and grape stem cell extract addresses the needs of any dry, red and upset skin conditions you'll encounter in the winter.



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## **6. Physically protect your face.**

Winter doesn't just mean colder temperatures—the wind also kicks up during the season. If you're walking from place to place outside, try to actually, physically protect your skin from windburn as best you can, with a scarf or any other winter accessory.

## **7. Limit your exposure to heat.**

It's probably your first instinct to crank up the heater when you feel the chill while indoors, but try to resist! The same goes for hot showers—keep them warm, (not hot), or keep them short. The heat can wreak just as much havoc on your skin as the cold outside. We're not suggesting you freeze while indoors though—sip on some hot tea (which will help keep you hydrated from the inside!), or bundle up under your coziest blankets.

Have you perfected your winter weather skin care routine? Share your own tips and tricks for surviving the colder months on our Facebook page, or leave a review of your favorite Doctor D. Schwab winter survival product on the website.