



# WINTER SKIN CLINIC

Winter can play havoc with our skin. The drop in temperature can cause tightness and dry the skin which in turn, can result in rough patches. Samantha Nice speaks to local skincare expert and owner of The Advanced Skin Clinic, Rachel Eve to hear her top tips on beating those common winter skin concerns...



### WHY DOES OUR SKIN CHANGE IN WINTER?

The outer layer of our skin (the epidermis) produces Natural Moisturising Factors (NMF) which help keep our skin hydrated, but in winter, many of us become NMF-deficient, leaving us with a dull and dehydrated complexion – similar to those with a permanent NMF impairment like eczema or psoriasis, where the skin is consistently dry and unable to self-moisturise. At the same time, the drop in temperature can also affect the enzymes which aid the process of desquamation (natural cell turn over) leading to excess rough and dry patches and a noticeable loss of radiance.

### WHAT CAN I DO TO HELP?

The skin is the largest organ in the body but it's always the last to receive moisture as the body will always prioritise your vital organs over the skin. So, although you may feel less thirsty in winter due to it being colder outside, it is vital you are still drinking enough water. To help lock moisture into the skin, I would also recommend adding in EFAs (essential fatty acids) like **Advanced Nutrition Programme's Skin Omegas+** supplement which not only helps lock in moisture but helps soothe eczema and other inflammatory skin conditions.



For a quick fix, booking a facial with a skincare professional will help to give your skin a much-needed boost. My signature enzyme peel, which combines Vitamin C, fruit enzymes and hyaluronic acid will help to smooth, brighten, hydrate and reduce redness. Dermalux's LED light phototherapy is another perfect winter skin pick-me-up since it not only stimulates blood flow, bringing nutrients to our skin for an immediate glow, it is also great for those who suffer with SAD (seasonal affective disorder). Let's face it, no one likes these dark, gloomy evenings.

### SHOULD I BE SWITCHING ANY OF MY PRODUCTS?

If your skin feels tight or irritated after cleansing or washing, then it might be time to revisit your routine. NMFs can be affected by chemicals in many mainstream face wipes, cleansers and

toners which can sometimes do more harm than good by removing your natural hydration. Avoid using cleansers with Sodium Lauryl Sulfate (SLS) which is one of the most commonly used foaming agents in most high-street face washes. Throughout winter, unless you have very oily skin, I would recommend swapping to a cleansing lotion rather than a wash to keep the skin hydrated, clean and more comfortable.

### SHOULD I BE ADDING IN ANY NEW PRODUCTS TO MY USUAL REGIME?

Adding a hyaluronic acid serum is a wise move since this is critical in maintaining skin hydration. Hyaluronic acid is naturally found in the skin and works as a magnet for moisture by helping cells retain a thousand times its weight in water which plumps the skin and aids anti-ageing. My favourite is **Image Skincare's AGELESS Total Pure Hyaluronic Filler**. It combines six different molecular weights of hyaluronic acid to work on different levels in the skin.



### WHY ARE MY LIPS SO DRY AND CAN YOU RECOMMEND ANY PRODUCTS TO HELP?

As there are no sweat or oil glands in our lips, winter can be particularly tough as they do not have a layer of oils and NMFs to keep them smooth and moisturised. To avoid chapped lips, invest in a good quality lip balm like **Nuxe's Ultra Nourishing Lip Balm Rêve de Miel** which contains beeswax. Or, for a more hydrating and plumping balm, try **Image Skincare's Ormedic Lip Enhancement Complex**. Avoid petroleum jelly-based lip products as these will only create a water sealant/barrier over the lips and not treat the dryness. It is also worse for your liver than alcohol if ingested!



will help minimise dryness and redness. So yes... you should wear an SPF all year round!

For any more skin-related questions or to book an appointment with Rachel at **The Advanced Skin Clinic**, contact her on 07759415118 or book online at [racheleve.co.uk](http://racheleve.co.uk)