

Fight The Winter Air With Perfect Skincare

By BETSY DEMITROPOULOS

With the temperature getting lower and winds howling, do you notice your skin becoming rough, dry or irritated? Is it chapped and cracked?

Fortunately, you can recapture a glowing complexion and soft skin through effective winter skincare. Seasonal weather changes take a significant toll on your skin. With cold weather comes low humidity, which causes your skin to get dehydrated and fragile.

"In the winter, everyone's skin is dryer, even people with oily skin," says Danielle Mertz, an esthetician at Infinity Day Spa in Crystal Lake.

She suggests getting a monthly facial treatment at a spa. During the winter months, you can make your skin glow again with a facial.

Infinity Day Spa's "signature facial" is customized to target a person's most-pressing skin concerns. That treatment includes professional double cleansing, exfoliation, masque, hydration and solar defense.

"You can add a chemical peel to your facial to give you that extra boost," Mertz says.

A calming facial is a super-smoothing treatment that includes gentle cleansing, a calming masque and therapies that help instantly calm redness and reduce inflammation of the skin.

Another skincare treatment that can help recapture your glowing complexion during the winter is a regeneration facial, which includes a combined vitamin and hydroxy acid exfoliation, energizing massage techniques that release tension in the facial muscles and a specialized masque. After a regeneration facial, your skin will be noticeably firmer, smoother and revived.

You also could get a facial peel to improve your skin during the winter months. Facial peels are an effective way to remove fine lines and reduce the appearance of hyper-pigmentation of the skin.

Robin Jones, owner of Infinity Day Spa, says a new treatment trend in the spa industry is the "hydrfacial," the newest advance in non-laser skin resurfacing.

A hydrfacial treatment combines cleansing, exfoliation, extraction, hydration and antioxidant protection simultaneously.

Infinity Day Spa recently bought its first hydrfacial machine.

If you're unable to get a monthly facial treatment at a spa, Mertz suggests getting one on a quarterly basis, when the seasons change. A great cleansing and exfoliating facial at the start of the winter season will get rid of dry and flaky skin.

You'll receive a good exfoliating treatment like a chemical peel at a spa, but it's just as important to exfoliate and take care of your skin at home.

Between facial treatments at a spa, you need to keep yourself hydrated and your skin protected by using sun block, even in the winter.

You also need to keep up with your regular skin routine of cleansing, exfoliating and moisturizing. Jones says people often ignore their skin when they get home from work. She says a good way to not forgo your nightly skin routine is to put your eye cream, cleansing wipes and other skin products by your bedside.

If you're unsure which products to use at home, Mertz and Jones suggest talking to an esthetician at a spa like Infinity Day Spa, which offers clients a complimentary skin consultation.

Mertz says the Dermalogica line of skincare products is great for home use and is reasonably priced and not very harsh on skin.

Winter can be one of the worst times of year to take care of your skin, but using sun block, drinking plenty of water and using a good moisturizer are some things you can do to help recapture a glowing complexion and soft skin.

The Base Of Every Beautiful Face

Sun block: Just because the sun isn't shining as bright or as often as it did during the summer months doesn't mean it won't still burn your skin.

Water: It's suggested you drink at least eight glasses of water each day to replenish the water lost from the cold air taking it out of your skin.

Moisturize: Using a moisturizer is very important to keep your skin beautiful and healthy during the winter. Some of the best types of moisturizer for cold weather are ones that contain oils in them. That's because your body isn't producing the oils needed to hydrate skin.

3 Winter Skincare Tips

Give Your Hands A Hand

The skin on your hands is thinner than on most parts of the body and has fewer oil glands, which means it's harder to keep your hands moist, especially in cold, dry weather. Wear gloves when you go outside.

Avoid Wet Gloves And Socks

Wet socks and gloves can irritate your skin and cause itching, cracking, sores or even a flare-up of eczema.

Hook Up The Humidifier

Central heating systems blast hot dry air throughout your home and office. Humidifiers get more moisture in the air, which helps prevent your skin from drying out. Place several small humidifiers throughout your home; they help disperse the moisture more evenly.

• *Source: WebMD, www.webmd.com*