

# ***5 SKIN TIPS ON HOW TO SURVIVE THROUGH WINTER***

*by Grace Wong*



***WE ALL KNOW THE SNOW IS COMING AND THE WINDS WILL START BLOWING HARDER...***

That is enough to make our skins shrivel. We are here to encourage you that your winter months don't have to be excruciating but can be enjoyable with the right regimen. Here are a few pointers to make the season brighter.

## **1. Avoid skin cleansers with astringent alcohols**

Common alcohols in skin products such as, SD alcohol 40, denatured alcohol, ethanol, isopropyl alcohol, benzyl alcohol, and methanol may leave a tingling “clean” sensation, but they increase dryness and irritation. In fact, they strip our defense barriers of their own oils and the ability to regulate them. These oils are necessary to keep skin hydrated particularly in harsher weather conditions.

Remember, oil is not your enemy. We highly recommend our very own {product name}. These are the right oils for cleansing and balancing for your skin microbiome. They aid your skin in its own incredible defense mechanism.

## **2. Keep the humidifier on**

The humidifier can counter the dryness in your environment so your skin's moisture can remain throughout your day. We highly recommend even keeping a small one your work desk (we recommend this one with an oil diffuser). Your skin will thank you for protecting it from the intense indoor heating, and frigid outdoor winds.

## **3. Limit refined sugars**

As our mantra has it, “Beauty comes from the inside out”, and we would be lying if we pretended that our daily eating patterns didn't affect our largest organ. Did you know that sugar can affect the appearance of our skin? Our pancreases can only process so much sugar, and when it's reached its limit, the body becomes inflamed. Inflammation quickens the signs of aging and contributes to distressed skin, including conditions like rosacea, psoriasis, and eczema.

It's hard during the holidays to resist sugar. However, moderation is key and when possible, substitute with fruits, coconut sugar, honey, maple, or monk fruit. These are natural sugars and better substitutes for our bodies.

#### 4. Drink bone broth

Bone broth may not be a magic elixir, but it does help the body's ability to absorb and create its own collagen, which is vital to the skin's youth and suppleness. Research has shown that collagen is better ingested than applied. Not only this, but bone broth is rich in amino acids which are minerals that aid digestion, promote gut health, and reduce inflammation—again a major reason for skin distress. Swap that sugary drink with broth!

#### 5. Start with a water-based hydrator and finish with an oil moisturizer

There should a two-fold process to your winter skin regimen. We highly recommend our [product name] as a water base to spritz right after you've washed your skin in the morning and evening. Following a few refreshing sprays, apply an oil-based moisturizer or balm like [product name] to seal in the moisture. This gentle layer can last for a few good hours while you're outside browsing your favorite farmer's market.

Again, oils aren't the enemy, but making sure you have the right ones will go a long way in helping seal in hydration without clogging pores. The right list is something we at [company name] have made sure with safe for your experience. These essential oils were handpicked by our farmers and it is with care that we crafted you this cream.

And truly, know that taking care of our skin is a journey, but every winter season doesn't need to be a disruptor to your joy. Remember: moderation is key and it's great to implement even one of these tips into your routine. Don't let the cold months leave you with goosebumps — instead, walk into your next family gathering with the glow you're born with.



*"Oils aren't the enemy"*



FOR MORE BLOGPOSTS  
GRACE@TOTHPOINTCOPYWRITING.COM