

WINTER SKIN CARE – KEY TIPS INFOGRAPHIC

Expanded guide to help you keep your skin soft, hydrated, and glowing in winter.

1. Gentle Cleansing

- Use mild cleansers without strong fragrance or alcohol.
 - Avoid very hot water on your face and body.
 - Cleanse only twice a day to protect your natural skin moisture.
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2. Deep Moisturizing

- Apply rich moisturizers with shea butter, aloe vera, or ceramides.
 - Use facial oils at night to seal in hydration.
 - Focus on dry areas like cheeks, hands, feet, and lips.
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3. Hydration & Diet

- Drink warm water and herbal teas throughout the day.
 - Eat water-rich fruits like oranges, berries, pomegranate, and pears.
 - Reduce excess caffeine, which can dry out your skin.
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4. Natural DIY Remedies

- Oatmeal masks help calm itchy or irritated skin.
 - Yogurt softens and gently exfoliates dry, rough patches.
 - Turmeric adds a natural glow and reduces dullness.
 - Honey and avocado nourish deeply and restore softness.
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5. Protect Your Skin

- Use sunscreen daily, even in winter or cloudy weather.
 - Wear scarves or hoods to protect your face from cold winds.
 - Use a humidifier indoors when the air feels very dry.
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6. Gentle Winter Yoga

- Practice slow, warming poses like Cat–Cow, Child’s Pose, and gentle forward bends.
- Yoga improves blood circulation to your skin and reduces stress.

- A calm mind and relaxed body help your skin stay brighter and healthier.

Blessing:

May your winter be peaceful, your skin be nourished, and your days be filled with God's gentle warmth. † □