

★ SECTION 1

WINTER SKIN CARE – HOMEMADE TIPS (EXPANDED INFOGRAPHIC)

Simple natural remedies to keep your skin soft, nourished, and glowing throughout winter.

★ SECTION 2 — COMMON WINTER SKIN PROBLEMS

1. Dryness & Tightness

Caused by low humidity and cold wind.
Skin loses moisture faster in winter.

2. Flakiness & Rough Texture

Dead skin cells build up due to dehydration.
Skin appears dull and patchy.

3. Itching & Redness

Cold weather weakens your skin barrier.
Hot showers worsen irritation.

4. Chapped Lips & Heels

Lips lack oil glands → crack easily.
Heels become rough from friction & dryness.

5. Winter Breakouts (Surprising!)

Heavy creams may clog pores.
Dry skin can trigger more oil production.

★ SECTION 3 — HOMEMADE REMEDIES FOR WINTER SKIN

1. Honey Softening Mask

Apply a thin layer of raw honey for 15 minutes.
Deeply hydrates and smooths skin.

2. Yogurt Skin Brightener

Mix yogurt + few drops of honey.
Reduces dullness instantly.

3. Aloe Vera Gel Layer

Apply after washing your face.
Soothes irritation and provides light hydration.

4. Coconut Oil Night Therapy

Ideal for extremely dry skin.
Massage gently before bed.

5. Turmeric Glow Paste

Mix turmeric + milk + honey.
Reduces inflammation and adds radiance.

6. Oatmeal Soothing Pack

Perfect for eczema-prone skin.
Calms itching and restores moisture.

★ PROTECTION & WINTER SKIN CARE ROUTINE

1. Use Sunscreen Daily (Yes, Even in Winter!)

UV rays remain strong.
Prevents fine lines & pigmentation.

2. Choose the Right Moisturizer

Look for: shea butter, ceramides, glycerin.
Apply on damp skin to lock moisture in.

3. Avoid Hot Showers

Use lukewarm water instead.
Hot water strips natural oils.

4. Install a Humidifier at Home

Adds moisture to the air.
Helps prevent overnight dryness.

5. Stay Covered When Going Outside

Use scarves, gloves, socks.
Wind exposure worsens dryness.

★ DIET & HYDRATION FOR WINTER GLOW

1. Hydrating Foods

Oranges, berries, kiwi, pomegranate.
Maintain internal hydration.

2. Essential Fats

Almonds, walnuts, flaxseeds.
Strengthen the skin barrier.

3. Warm Herbal Drinks

Tulsi, ginger, chamomile, mint tea.
Improve digestion & skin health.

4. Reduce Excess Caffeine

Causes dehydration.
Replace 1–2 cups with warm water.

5. Skin-Loving Meals

Vegetable soups, broths, lentils.
Provide warmth + nourishment.

★ YOGA TIPS FOR HEALTHY WINTER SKIN

1. Cat–Cow Pose

Boosts circulation to the face.

2. Child's Pose

Relaxes the mind and reduces stress.

3. Seated Forward Bend

Improves blood flow to skin tissues.

4. Gentle Neck Stretches

Releases tension → better oxygen flow.

5. Deep Breathing (5 minutes)

Enhances oxygen supply.
Reduces oxidative stress on skin.

★ WINTER SKIN CARE CHECKLIST (AT A GLANCE)

Drink 6–8 glasses of warm water
Moisturize twice daily
Use lip balm + hand cream regularly
Apply sunscreen daily
Avoid harsh soaps
Keep showers short
Sleep 7–8 hours
Practice gentle yoga

★ BLESSING LINE

May your winter be gentle, your skin stay nourished, and your heart remain filled with God's peace and warmth. † ☐