

Don't Let Your Skin Wither like The Leaves This Fall

As we bid adieu to our shorts and sundresses come September, we also need to leave behind our summer ideology to embrace the changing colors of fall. As the trees start shedding leaves, our skin tends to transform too, shedding dehydrated flakes of skin making our bodies dry, scaly and rough. These symptoms tell you that it's time to switch your current skin care routine, into one that is more weather appropriate for this season.

Even though it's the season to start covering up, this does not mean that you can get away with leaving your skin unattended to for fall. Under your jeans, sweaters and boots your skin becomes dehydrated, dry and patchy. It rubs against the material of your clothing which makes your skin flake, and leaves hideous white patches if it is insufficiently moisturized. People tend to take hot showers in cold weather, which makes the skin dry, as it removes the dead skin cells from the surface. Hot water removes too much oil from your skin, making it rough and can cause some skin damage unless moisturized correctly.

You can avoid all that by following a really simple and thorough skin care regimen, by yourself or at a spa. There are certain things you can incorporate into your skin-care routine which will ensure that your skin looks fresh and glowing throughout the season.

A new season inspires a change in lifestyle- new clothes, new shoes, maybe a new hairstyle. Why should your skin-care regime be any different? Here are some tips that would help make the transition easier:

Switch your fun, tropical, bubbly shower gels to something more luxurious! Fruity shower gels are preferred by many in summer, as they are refreshing and smell divine. However your choice of shower gel might not make you feel the same way as the weather gets colder. Make sure you get a soap-free, hydrating shower gel, as nothing dries out your skin the way soap does.

Another option which is even better is switching to shower creams and milk baths. Apart from being excellent moisturizers, they feel luxuriant and have the perfect mild scent to suit the weather. Try getting fall appropriate scents such as pumpkin pie and oatmeal cookies that seem to celebrate the weather.

Effective facial cleansers for the fall months are mostly those that are cream-based. They lock in their own moisture, which prevents your skin from getting dehydrated. If they are used along with a complementing hydration face cream, it will help in forming a protective barrier against extremes in temperature.

Hydrating dry skin is essential during fall. There are many great products that can help your skin to retain its moisture and smoothness. Lotions and body-creams created for this specific purpose are abundant in the market. The best times to use these are directly after you have dried yourself off a bath or shower, as it helps preserve the moisture that has already been absorbed by your skin. Body Butters

are great for this purpose. They are both fun and luxuriant. Some examples are Shea-butter, Cocoa-butter, Almond-butter, Brazil-nut- butter and Macadamia-butter.

It's always better to use oil-based scrub in cold weather. Oil-based scrubs help you exfoliate without peeling off your healthy skin, hydrating it at the same time. There are various oil-based scrubs available with varying consistencies. Some are more oil settled at the top while better ones have balanced consistency between the oil and the exfoliation beads. There are some amazing oil-based scrubs in the market such as Morocco Black Olive and Argan Oil Scrub and Brown Sugar Oil Scrub.

Just because you're wearing clothes that cover you up does not mean you can forgo using sunscreen. There are plenty of sunscreens which are specifically designed for cold weather. A simple moisturizing sunscreen with SPF 15 would suffice. Try to get the ones which are mineral based, with a matte finish.

Lastly, do not forget your nails and feet! Dry cuticles are a tell-tale sign of insufficient skin care, which can be prevented by the simple expedient of putting a few drops of cuticle oil on your nails per day. Your feet are already strangled by heavy stockings, boots and close ended shoes. Do invest in a good foot exfoliation and moisturizing product such as pumice foot scrub and hemp foot protectors so your feet would be remain soft and ready to embrace sandals when the time comes. Visit the spa for all your skin care needs!

Here's to a well moisturized season!