

Fall Into the Right Skincare for the Season

the PEORIA WOMAN

Facial Cosmetic & Reconstructive Surgery Center

As we sadly say goodbye to summer weather, we say hello to dry skin! Dry skin is a problem many people deal with throughout the fall and winter seasons. Even people who have oily skin start noticing dry areas. Don't fret; with proper care you can have beautiful skin all year round.

Keep your skin moisturized all day long. With cold air outside and heated air inside, natural oils are stripped away. Apply moisturizer twice a day: once in the morning underneath your makeup and once at night before bed. Some people with drier skin may choose to use a heavier moisturizer at night. Not only will this keep your skin soft, hydrated and protected from the cold weather, but you will notice that moisturizing will make the application of makeup easier as well as help it look smoother.

Even if you think you have enough oil on your face to fry chicken, you need moisturizer too! If you don't apply moisturizer daily, your skin tries to compensate and produces more oil—just the opposite of what you want. Using an oil-free moisturizer should solve the problem.

Exfoliation treatments are definitely needed throughout these cool-weather seasons. Exfoliating your skin will help remove that old, cracked skin, allowing fresh skin to be seen. Nothing too harsh though! We don't want red-faced women walking all around town. A good idea is to use a chemical exfoliation product, which is gentler and ideal for someone with sensitive skin.

Getting regular facials is also a great idea. Facials are recommended every four to six weeks, depending on the condition of your skin. They offer two benefits at the same time: improving the skin's health, while offering a relaxing service. Who can say no to a little relaxation from their busy day-to-day schedule? Especially with the holidays right around the corner, women need to take the time to pamper themselves.

If you want beautiful skin, sunscreen is a must. Just because the sun doesn't seem as strong, it is still out there. We need to protect our skin from the sun's UV rays, even in the fall and winter. The white snow reflects the sun a great deal without us even realizing it.

Finally, hot showers, although very soothing, may dry out your skin. Stick to warm showers and moisturize your whole body after getting out. As the weather becomes dark and dreary outside, don't let your complexion do the same. Brighten up this weather with your new healthy, glowing skin after following this simple skincare regimen. TPW

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