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How to Keep Your Skin Healthy in the Winter by [Philipp Smith](#)

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Most people already know that moisturizing is an effective way to keep their complexion looking radiant in the winter months, but there's more than one way to keep your skin healthy when the weather is working against you. From microdermabrasion and chemical peels to sunblock and cleanser, Dermetics has put together a list of skin care tips to keep you looking your best.

What cold weather does to your skin on a cellular level is damage the natural lipid layer, causing it to lose elasticity and create a feeling of tight, dry and itchy skin. Follow these steps this winter to keep your skin comfortable and most importantly, healthy.

1. Turn the heat down. Opting for a lukewarm shower is less demanding on your skin, and allows it to retain more moisture. If you can't give up hot showers, try to cut the down how much time you spend showering. As soon as you've toweled off, use a moisturizer to help your skin retain moisture.
2. Sunblock. Your skin is just as susceptible to UV damage during the winter as it is during the summer. At Dermetics, we recommend using products with an SPF rating of 45 or higher that include UVA protection.
3. Ditch the soap. You should be using a mild cleanser in the colder months so that your skin isn't being too depleted of essential oils and natural moisture. The skin care programs we offer at our Botox Burlington location can be tailored specifically for the winter season.
4. Exfoliate. Exfoliate so that your pores are free of dry or dead skin cells. At Dermetics we offer professional microdermabrasion as well as chemical peels that can greatly increase the efficacy of topical moisturizers and keep your skin healthy. Starting the winter off with a "clean slate" can certainly help your skin survive the harsher climate.

Keeping these rules in mind can really help your skin get through this coming winter. For all of your other skin care including: dermal fillers, Botox, laser hair removal, IPL, microdermabrasion and chemical peel treatments, visit us at our state-of-the-art clinic in Burlington, Ontario. Contact us at www.dermetics.ca for more information or to schedule an appointment.

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