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The oncoming winter brings with its own set of challenges in skin care. Experts in skin clinics strongly recommend that you do not ignore even the slightest dryness of skin and do everything that you can to avoid skin problems.

It is time to bring out the warm coats and set up your fire place, for the temperatures are dropping and you will need to bring out all your resources to battle the chills. Though this may be the time of the year when you want to just cuddle up by the fireplace with a mug of hot chocolate a good book, you will have to get on your feet and make sure you are taking enough care of your skin that can be badly damaged due to weather.

Skin Clinics and experts around the globe suggest that you go on a skin care overdrive at this time of year to avoid dry skin that can not only tear but also cause long term damage. Follow some of these simple tips to ensure healthy glowing skin all year round:

1. The texture of your skin is highly dependent on not only the treatments that you give it but also by its capacity to accept these treatments.
2. Water intake is extremely crucial when it comes to keeping your skin alive. Skin Clinic Vancouver is accustomed to women facing skin problems due to the harsh weather conditions of the region as well as lack of sufficient water intake. Not only will it help in maintaining the moisture levels in your skin but also helps avoiding serious skin disorders.
3. Eating healthy plays a crucial role in maintaining the health of your skin and its texture. Incorporate as many fruits and vegetables in your daily diet plan as possible, since they also release sufficient water into your body system. Olive oil and primrose syrup help in softening your skin.
4. Coconut oil is great for skin which needs to get rid of dry patches and chaps. Soaps with extra cream can also be an excellent option to enhance the suppleness in your skin. Grinding green gram and applying the paste can also help to make your skin more supple and soft.
5. Do not leave your home without applying a moisturizing lotion or cold cream in the winters. You must also apply this before going to bed every night. Ask the experts at your skin clinic for recommendations in terms of the best brands in lotions and creams according to your skin type and requirement.
6. As tempting as it may be to bath in extremely hot waters when the temperatures outside are freezing, experts strongly recommend against this because it is said to reduce the levels of natural oils in your skin. It is also recommended that you reduce the time you take for your bath during the winters.

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