

# Winter SOS: Save Our Skin

Shake up your skincare regimen as the mercury drops. Words: **Polly Simons**

**A**s Sydneysiders we might be spared the worst of the winter weather but that's not to say our skin doesn't suffer when the cooler temperatures arrive. "People regularly come in with a concern that their skin is feeling dryer, which is generally caused by the change in seasons," says Hayley Fahd, field trainer for Ella Bache. "They'll also complain their skin feels tight and sometimes sore, which is often the result of severe dehydration." She shares her top tips for keeping skin in check.

**Supercharge your skincare**  
"First and foremost, ensure you have a really good skin regimen – cleanse your skin every morning and ensure you apply a serum and a nice, rich emollient-based moisturiser to trap in nourishment," Fahd says. Anyone with skin sensitivities such as rosacea is likely to find the condition becomes worse during winter, while even those without may find they need

to switch to more nourishing products. "Even if you already have a good skincare regimen at home, it's always good to double-check your skin is still suited to these products by having a skin consultation," Fahd says.

**Stay healthy**  
While it is tempting to swap salads for comfort food when you won't be in a bikini for a while, not slacking off is good for your skin, not just your waistline. "Maintaining a healthy diet all year round is key. During winter you want to make sure you keep your vitamin and mineral intake up to keep the body and immunity strong," Fahd says. Essential fatty acids (found in oily fish, nuts and flaxseed oil) boosts skin condition while drinking lots of water "always helps to keep the skin in check," she says.

**Don't forget the rest**  
Skincare should not stop at the neck. "Moisturise, moisturise, moisturise – just like the skin on your face,

your body needs regular exfoliation and constant moisturising," says Fahd, who recommends swapping your lightweight body lotion for a rich moisturiser as soon as the weather cools down. "This should help prevent your skin from looking scaly," she says.

**Read the labels**  
When it comes to what you put on your skin, not all ingredients are created equal. Good ingredients to look out for include lanolin, shea and cocoa butters and squalene, a derivative of olive oil, says Fahd. Hyaluronic acid is the current skincare ingredient of the moment and helps the skin to retain moisture and soothes inflammation – essential when the

weather is doing all it can to dry skin out.  
**Ella Bache:** 18/22 Fisher Rd, Dee Why.  
**Details:** 9971 4704 or visit [ellabache.com.au](http://ellabache.com.au)

**Expert pick**  
**Ella Bache Crème Intex, \$74:** "It's a beautiful lanolin- and fish-oil based product that will keep the skin smooth, nourished and hydrated and stop any weakness or flaking before it starts," Fahd says.



**TOP TO TOE TREATS**

**L'Occitane Shea Ultra Rich Comforting Cream, \$56**  
With 25 per cent shea butter, it keeps even the driest skins hydrated; [au.loccitane.com](http://au.loccitane.com)

**Crabtree & Evelyn La Source The Hand Primer, \$25**  
The intense serum soothes and shields against pollution; [crabtree-evelyn.com.au](http://crabtree-evelyn.com.au)

**Sukin Paw Paw Ointment, \$8.95**  
Free of nasties, this is sweet relief for chapped lips and dehydrated skin; [sukinorganics.com](http://sukinorganics.com)



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