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HONG KONG RED CROSS

Winter skincare tips



Skin is the largest organ of our body which protects us from damage. Proper skin care is important for our holistic health. Dry skin occurs when dropping in temperature and humidity in winter and it may induce itchiness. Some simple skincare routines can relief the itchiness due to dry skin. Therefore, we should know about proper skin care in winter.



Dry skin

makes the skin look and feel rough, itchy, flaky, or scaly.



Who is prone to have dry skin?

- People with eczema
- Elderly (Age above 60)
Sebum secretion in the elderly's skin reduces along ageing
- Menopause women
- Long stay in low humidity levels places

Dry skin without proper care may induce



Itchiness



Flakiness, Cracks in your skin



If the skin becomes broken, there may be infection or inflammation

Skin care tips

Avoid stimulations

- Wearing gloves when doing housework
- Avoid wearing woolen/ furry clothes
- Choose oil-filled heaters instead of radiant heaters
- Should wear loose clothing that can absorb sweat to prevent fungal infection

Bathing

- Reduce bathing frequency
- Shorten bathing time to less than 10 minutes

Hot water can wash away all the oily secretions)

- Use warm water
- Use a soft towel to gently pat the excess moisture off your skin
- Mild soap or bathing gels should be used



Proper skincare routine

- Apply moisturizing cream frequently, especially after bathing when the skin is still moist to enhance the effect of moisturizing cream.
- Apply moisturizer in the direction of the hair follicle gently.
- If there is allergic reaction after putting on the moisturizing products, stop using immediately and wash the skin with clean water.

There are three clinically recognized moisturizing components.

*Occlusive agents

- Suitable for people with very dry skin

Function: To form an occlusive protective layer at the surface of the skin to stop water evaporation.

Examples: vaseline, mineral oil, olive oil, paraffin wax

*Oily texture may cause blockage to our pores and lead to folliculitis.

Humectants

Function: To attract and retain water particles at the surface of the skin and enhance the moisturizing effect.

Examples: Glycerin, urea, hyaluronic acid, vitamin B

Emollients

Function: To keep our skin moist and smooth, To fill up the small cracks at the surface, and prevent scaly skin.

Examples: Shea butter, linoleic acid



How to choose the moisturizer?



Hot/ Humid seasons

- Moisturizing lotion

Dry seasons

(Autumn and Winter)

- Product with a thicker texture

People with an allergic skin condition should avoid using moisturizer with lanolin, fragrance, alcohol, preservative, or pigment.

*If the situation persists, consult a doctor.

References :

Department of Health
Jockey Club Cadenza e-tools

The above information is for reference only

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