

Skin Deep

Do we need to change our skincare routine with the arrival of cooler weather? According to the skincare professionals at The Layt Clinic, if you are taking care of your skin and are using good quality skin care and ingredients, your skin should not feel dehydrated or dry.

In winter, our skin endures many extremes - heat in the car, office, home and the dry cold air outside. Then add the sun, which is constant on the Gold Coast and it is a recipe for dry and prematurely ageing skin.

"Sunscreen is vital every day of the year", says Alyssa Dawson, Paramedical Aesthetician at The Layt Clinic. Sun damage is a large contributor to poor skin quality and also increases the ageing process. Sun damage can cause pigmentation, dehydration, a leathery skin appearance and fine lines. To decrease the affect of sun damage we then look at rejuvenating the skin layers.

Alyssa adds that "it is crucial to any skincare regime to include a great topical Vitamin A, to help the skin function correctly."

"If your skin is dehydrated, dry and even oily, Vitamin A will help control these conditions. Vitamins C, B and other antioxidants are great for the skin's function and overall glow and using scientifically proven skincare is extremely important as it helps make cellular changes within the skin."

Pigmentation on the skin appears as brown patches

or blotches. Winter months are a great time to address pigmentation by having treatments such as IPL, laser, medi-peels or even specialised skin products, as you are less likely to be out in the sun and therefore better results can be achieved.

Feeding our skin from within is also important. A healthy diet and drinking lots of water both help hydrate and nourish our body on a cellular level.

So, to answer the question about changing our skin care regime in Winter – in Winter we need a little more hydration than in Summer and it is also a great time to have certain treatments to help improve our skin condition. We still need to cleanse our skin, use our topical vitamins and sunscreen but may vary the strength of the product or the frequency of the product in order to maintain great hydration.

Here are some of Alyssa's tips for great skin all year round.

- Do use a good sunscreen daily
- Do use quality topical anti-oxidants and Vitamins
- Do get great advice from a fully trained and experienced skincare professional
- Don't over scrub the skin
- Don't over use your products
- Avoid the sun 10am-3pm

Enjoy your Winter skin and feel the difference.

For more information visit www.drlyt.com or call 07 5597 4100



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