

Skincare Articles

Noella's Winter Skincare

By Noella Gabriel

Harsh winter weather can take its toll on your skin so we asked Noella Gabriel, Director of Treatment and Product Development at Elemis how best to adjust our skincare routines to stay gorgeous whatever the weather.

"Winter brings with it harsh weather, shorter days, less sunshine, and a dramatic change in diet from seasonal salads and fruits to soups and warmer food, which all has a direct impact on the skin.

The skin responds in a different way for each individual; some skins become oily, others very dehydrated and others sensitive.

Essentially, winter skin needs;

- Protection
- Nourishment and extra nutrients
- Pampering and nurturing

A few simple adjustments to your routine, plus a bit more TLC will keep you looking gorgeous, whatever the weather. An extra layer under your day time protection is the perfect way to restore your glow. Use [Liquid Radiance](#) for one month morning and evening to help the skin adjust to the challenges of winter. Liquid Radiance will restore skin uniformity, skin health, and feed, nourish and nurture the skin. Liquid Radiance Phase 2 contains micro-encapsulated vitamins (A, C and E) which not only fight the signs of ageing, but ensure that the skin does not suffer hugely from our dramatic adjustment in diet from summer to winter.

Regular exfoliation (twice a week) will slough off dead skin cells and keep the skin responding and functioning at its peak. It certainly helps to keep the summer glow and prevents the skin from looking dry and depleted. Try [Skin Buff](#) to re-energise dull and lifeless skin.

The face isn't the only area to be affected by the changing seasons. Nurturing is something I feel is more important in the winter than the summer months. It is the ideal time to run a body temperature bath (try to avoid extremes of temperature) and select your favourite bathtime treat. For super soft skin use [Skin Nourishing Milk Bath](#) or to relax and unwind [Pure Retreat Bath Soak](#). While the skin is warm and soft perform your home facial ritual within the cosiness and warmth of your own bathroom. Apply a fine layer of [Papaya Enzyme Peel](#), leave on for 5-6 minutes and remove with a warm flannel with 2 drops of [Lavender Essential Oil](#) on it, roll down over the face, inhale deeply and remove. Then apply a fine layer of a moisturising mask such as [Exotic Cream Moisturising Mask](#) - ideally leave it on overnight to be absorbed, but if not remove and finally apply your [Elemis Pro-Collagen Marine Cream](#).

Hands are exposed to a lot of aggression and the good news is they respond to a little TLC. Once a week exfoliate with [Exotic Lime & Ginger Salt Glow](#) and apply a fine layer of [Exotic Frangipani Monoi Moisture Melt](#) and seal it with [Intensive Hand Repair](#). This will ensure your hands come through the winter looking glowing and cared for.

Feet - don't leave feet till May or June then complain they are not ready for the open toe sandals! A regular pedicure is a wonderful treat during the winter months and exceeds all in the feel good factor when feet look manicured, polished and nurtured. Exfoliate with [Devils Mint Body Scrub](#) then apply [Instant Refreshing Gel](#), and nourish with [Exotic Frangipani Monoi Moisture Melt](#).

With the above care and attention you will sail through the winter months without the withdrawal of the long hazy days of summer and will be very ready to expose yourself from top-to-toe once the sun begins to shine!"

