



## **7 REASONS THE COLD WEATHER IS ACTUALLY GOOD FOR YOUR SKIN**

A plastic surgeon on the beauty benefits of a chill in the air.

Winter weather can suck the moisture out of your skin, leaving it dull, dry and flaky and also cause chapped lips. But there are actually some perks to those biting winds and the cooler air. It can actually benefit your skin in other ways and help with anti-ageing.

Here cosmetic surgeon Dr Julian De Silva from the Centre For Advanced Facial Cosmetic & Plastic Surgery in Hammersmith, West London, explains why, contrary to popular belief, the winter months can benefit your complexion.

### **1. It clears your pores**

Cooler weather can act as a tonic or astringent – reducing clogs and keeping pores less visible and refined. Cold weather also slows down and prevents the secretion of sebum, which waterproofs the skin and hair, keeping shine at bay and reducing acne.

### **2. You sleep better**

Getting a good night's sleep is vital for skin health – reducing circles under the eyes and making sure your complexion stays glowing. Lots of us suffer sleeplessness in the summer heat. Coldness mimics the body's natural drop in internal temperature, which

occurs around two hours after we hit the sack. Therefore, most sleep scientists believe that a slightly cool room contributes to a full night's rest.

### **3. Puffiness becomes a thing of the past**

Cold weather promotes blood circulation in both the face and body – reducing inflammation and swelling to the eyes and face.

### **4. Cold weather rejuvenates the face**

Think of the rejuvenating effect of splashing your face with cold water in the morning – it keeps your skin tight, vibrant and radiant. Well, cold weather works in the same way with your skin.

It's why cold showers benefit the skin. Cold water tightens your cuticles and pores, which will prevent them from getting clogged. The chilly water can 'seal' the pores in the skin, preventing dirt from getting in. Hot water has the tendency to dry out our skin.

### **6. Colour in your cheeks**

Moderately cold temperatures train your blood vessels to be responsive - causing redness in the cheeks. It means you can leave your blusher at home. So get out in the cold for that bright-eyed, rosy-cheeked, all-natural look.

### **7. Cleaner air**

Winter means goodbye to all the bad air quality and high ozone levels so common in the spring and summer months. The crisp, clean quality of cold air makes this time of year a great time to be out in nature, taking long walks and deeper breaths of fresh air and rejuvenating the skin.