
Winter Skin Care

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Winter Skin Care: 9 Measures You Need to Take Now

Have you ever had that experience where you think you're doing a good job of moisturizing your skin every day, but then you realize it's all cracked and powdery? In fact, there are many measures you can take to prevent dryness from your daily habits.

Here are 9 measures to prevent dryness that you can take right now

1: Use a humidifier

When you use an air conditioner to heat your room, the humidity in the room drops, causing it to dry out. In such cases, it is recommended to use a humidifier. You don't have to increase the air volume of the air conditioner, and you will be relieved from the discomfort of the air from the air conditioner hitting your face and body.

Raising the humidity in the room will also raise the temperature you feel. It is said that electricity bills are lower when using a humidifier in combination with an air conditioner than when using a single air conditioner at full capacity, so you can expect to save money and kill two birds with one stone! Always be aware of the humidity level and use a tabletop humidifier outside of your home, such as at work.

If you don't have a humidifier at home or can't use a humidifier in a hotel, you can always wet a towel with water and sleep with it by your side, leave the bathtub filled with hot water, or boil water to increase the humidity.

2: Drink water to moisturize from within

In winter, we tend to sweat less and feel less thirsty than in summer, so we often forget to drink water from within. It is said that humans need 1.5 to 2 liters of water per day.

The amount of water that we need to drink each day is said to be between 1.5 and 2 liters, and the key is not to drink a lot of water at once, but to drink it frequently. It is good to drink consciously when you wake up in the morning, after walking, after exercise, after bathing, and before going to bed

3: Take a bath to boost your metabolism

When you take a bath, your metabolism increases and old skin such as sebum and dead skin cells fall off and are replaced by new skin. If your metabolism is not good, you will not be able to retain water in your body properly and your skin will become dry.

To prevent dryness, it is important to increase metabolism and improve the circulation of the skin. Be careful not to bathe in water that is too hot or for long periods of time, as this may dry out the skin.

4: Use body creams and other moisturizers

Use body creams and other moisturizers to moisturize your skin, especially after bathing. You can apply it not only after bathing, but also frequently whenever you feel dry. A moisturizer with your favorite scent can also help you relax and relieve stress.

5: Maintain a regular diet

Diet is one of the most important factors in preventing dryness from within. Here are some foods that are said to promote the secretion of sebum and the replenishment of moisture in the stratum corneum, which are the key to preventing skin dryness. Why don't you moisturize your body from the inside out by taking in nutrients, boosting metabolism and improving blood circulation?

The main nutrients recommended to prevent dryness are:

- ☐ Vitamins A (seaweed, seaweed, liver, mackerel, sardines, dairy products, eggs, carrots, spinach)
- ☐ Vitamin C (broccoli, komatsuna, paprika, lemon)
- ☐ Ceramide (rice, wheat, buckwheat, black beans, hijiki, burdock)

It is difficult to take in a lot of food in a day, but I recommend one-pot dishes that can boost your metabolism and allow you to eat a lot of food at once.

6: Detox by drinking white water

Hakuyu (white water) warms the body, promotes blood flow, and has a detoxifying effect. By improving blood flow, your metabolism will increase and the temperature of your internal organs will also rise. As the temperature of the internal organs rises, the internal functions are activated. As a result, the body is detoxified and the skin is balanced and moisturized.

The best time to drink Shirayu is right after you wake up in the morning, when your body tends to get cold. It is also recommended to drink it when you suddenly feel cold, such as when your hands and feet are cold. The key is not to drink it all at once, but to drink it slowly and little by little.

7: Don't overdose on caffeine

There are many people who find coffee soothing and relaxing. However, the caffeine contained in coffee has a diuretic effect, which may cause you to lose water in your body. When the amount of water in the body is low, it is difficult for skin turnover to function properly, so we need to be careful about excessive caffeine intake.

8: Use a misting lotion

When you are at work or when you look in the mirror, why not spray on a mist lotion? It will help you relax, refresh and moisturize your skin, making you feel more comfortable.

You can also use it not only on your face and body, but also on your hair where static electricity can be a problem. When you're busy, it's easy to forget to use it, so it's best to keep it where you can see it, on your desk at work or on your vanity at home!

9: Get a good night's sleep

There is a big relationship between growth hormones, which are necessary for skin turnover, and sleep. Growth hormones are secreted during sleep, so if you don't get enough sleep, your skin will not look as good as it should.

Skin that cannot turn over will also accumulate dead skin cells to protect the skin, resulting in dry skin. Make sure you get a good night's sleep to prevent your skin from feeling that way!

Be a moisturized woman from inside & outside

We have provided you with a list of measures to prevent dryness that you can start today. No matter how much you moisturize from the outside, if your body is not moisturized, your skin will inevitably become dry. Let's aim to be a woman with smooth skin that is moisturized both inside and out.

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