

Remedies for Dry Skin

Skin can become dry during any time of the year, but it mostly occurs during the winters. It is because during the winters the low temperature and humidity, along with the cold winds, reduce the natural moisture in the skin and makes it dry. To keep the skin soft and well moisturized, you not only have to apply moisturizers, but make sure it remains in your skin.

Given below are a few tips which will tell you how to prevent your skin from becoming dry during the winters.

First on all avoid hot water. Usually people tend to use hot water during the winters for bathing and washing purposes. But hot water steals the moisture from the skin and makes it dry. Therefore one should avoid it. Instead you can use lukewarm water for your shower and for washing your face, hands and feet.

After your shower or washing your hands, use a nice moisturizer. The right way is to pat the skin dry and apply the moisturizer on damp skin. If your legs are drier than your face and hands, better use some kind of body oil, rather than using a body lotion.

Exfoliate once every week or alternate weeks. Moisturizers work in a better manner on the skin which is exfoliated from time to time.

Lastly, avoid washing your hands or face with soaps several times a week. It can make the skin drier. Also, if you find that certain soap is making your skin dry in every wash, better get it changed.