

Cool for winter

As it's getting colder, dermatologist Dr Sam Bunting advises on how to protect your skin this season. *Words: Anna Evdokimou*



HEAL YOUR SKIN WITH THESE SIMPLE STEPS /GETTY

Just as winter calls for extra layers of clothing, our skin also requires extra protection. The harsh weather combined with the constant central heating indoors is a recipe for dry, tight and potentially irritable skin, which your regular routine may be unable to combat.

“During summer, our skin is on high alert, defending itself against UV rays, which can leave it feeling depleted and fatigued,” says Dr Sam Bunting, founder of skincare brand Dr Sam’s. “A critical energy molecule in our skin, called NAD+, is diminished by UV exposure, which is a disaster for our skin’s

housekeeping processes as it helps to fight inflammation and barrier repair, as well as being instrumental to slowing down the ageing process.”

So, it seems that before we even begin to tackle the issues that winter brings, we must first rectify the damage caused by our days lounging in the sun. But how can we heal our skin without irritating it further?

SUMMER REPAIR

“Replacing NAD+ should be a priority after summer, particularly if you’re over 40, as your skin’s cell battery won’t have as much energy to repair itself. Simplify your routine by cutting back on a multi-step cleansing process and stick to a gentle, fragrance-free cleanser,” says Dr Sam. If you’re struggling to choose between the various options on the shelf, opt for the CeraVe Hydrating Cleanser, as its ceramides content works to restore and maintain the skin’s natural barrier.

Next, Sam recommends using a moisturiser to help support barrier repair as well as one that contains ectoin — a super-hydrator that forms a “water shell” on the skin’s surface. Try Dr Sam’s Skincare Flawless Moisturiser Intense; its ingredients of ectoin, sunflower sprout extract and squalene will help to boost NAD+ levels and recharge your skin’s battery.

HYDRATION STATION

Now that we’ve rectified the breakage caused by the heat, it’s time to tackle the drying and tightening effects of the cold. Harsh and nippy weather can cause your skin to redden and become itchy and can even flare up pre-existing skin conditions such as eczema, rosacea or acne.

While you may think that the solution is to continuously exfoliate, Sam warns against this: “Exfoliating can damage the skin barrier even further, making dehydration worse. Instead, look for products that lock water in and boost cellular energy.”

Face masks such as Dr David Jack’s Blue Face Peel are ideal for icy weather conditions. Containing niacinamide, hyaluronic acid and ceramides, it’s designed to optimise the skin’s epidermal microbiome and minimise moisture loss. Meanwhile, its

vitamin B5 and azelaic acid content work to soothe skin and pacify flare ups.

Our lips are also susceptible to cold weather — hence the frequent cracks and bleeds — so it’s important to have a balm that restores and soothes. The Byellie Lip Balm is a great option, as it contains vitamin E and lanolin wax to seal in moisture. The anti-inflammatory properties of the ylang ylang oil also work to prevent against irritations, so that you, and your skin, can have a flare-free winter.



DR DAVID JACK BLUE FACE PEEL

WINTER PICKS

DR DAVID JACK BLUE FACE PEEL, £127, DRDAVIDJACK.COM
Ideal for dry, sensitive or ageing skin, this hydrating mask (pictured above) can be used weekly to help repair your skin’s natural barrier and restore optimal hydration.

DR SAM’S SKINCARE FLAWLESS MOISTURISER INTENSE, £32, DR SAM BUNTING.COM

This lightweight moisturiser has been designed to boost your skin’s cellular energy, prevent against water loss and protect your skin from free radicals, making it perfect for the urban dweller.

LANEIGE WATER BANK BLUE HYALURONIC SERUM, £35, LOOKFANTASTIC.COM

Containing blue hyaluronic acid (HA) combined with deep sea algae, this serum has been designed to create lasting hydration, making it suitable for sensitive skin.

ADVERTISEMENT FEATURE

Caring for your baby’s skin this autumn

As the seasons change, delicate young skin can suffer — so it’s important to keep it nourished and protected to make every day a good skin day

Oilatum — the first family dry skincare brand to be approved by the British Skin Foundation — is helping parents get back in touch with their little one’s skin this autumn, with the help of its expert baby sleep consultant, Emma Gawne, and award-winning dermatologist Dr Jean Ayer.

BEDTIME ROUTINE TOP TIPS FOR BABIES & CHILDREN

1. Not too hot or long:
When it comes to bath time, make sure bath water is warm and not too hot, and that baths last no longer than 10 to 20 minutes, as too much time spent playing in the bath can cause excess drying out of the skin. Hot water can also aggravate your child’s delicate skin. Dermatologist Dr Jean Ayer recommends: “Tepid baths no warmer than 37C are ideal, as hot water will make eczema sting, burn and itch.”
2. Take care with soap:
Try to use a bubble bath and wash designed specifically for your baby’s dry or eczema-prone skin, as some soap can irritate it.

“Tepid baths no warmer than 37C are ideal, as hot water will make eczema sting, burn and itch”

3. Pat don’t rub:
Wrap your baby in a soft, fluffy towel — be careful and pat the skin dry rather than rubbing as this can irritate dry, delicate skin.
4. Lock in moisture:
Moisturising cream can be especially effective when your child’s skin is damp, so apply it as soon as you’ve patted them dry to lock moisture in. Emma Gawne, baby sleep consultant, says: “Ideally you want to moisturise at least 20 minutes before they go to sleep, so it has time to soak in. My top tip is to keep the moisturiser in the fridge, so it’s nice and cool when it goes on their skin.”

If you’re looking for a product to help your little one’s dry, sensitive, itchy or eczema prone skin, try Oilatum Junior’s new Sweet Dreamz Bath Bubbles to create a luxurious, skin-friendly foam, and Sweet Dreamz Head to Toe Wash, which gently cleanses skin and leaves hair soft and shiny.

Both products contain scientifically proven ‘DreamScentz’ sleep-enhancing technology, as well as naturally derived cleansers and moisturising ingredients.

For further information

Visit: oilatum.co.uk

