



WINTER SKIN CARE

3 EFFECTS OF COLD WINDS

- 01 Drops humidity, pulls 20-30% water from outer layer.
- 02 Constricts blood vessels, slows repair and dulls glow.
- 03 Cracks lipid barrier, raises dryness and eczema risk.



3 WINTER CARE MISTAKES

- 01 Hot showers over 40°C dissolve protective oils.
- 02 Using summer gels instead of ceramide creams.
- 03 Repeated hand wash and Over-exfoliating the skin



3 KEY ROUTINES

- 01 Moisturize in 3 minutes post-bath for 10x hydration.
- 02 Using sunscreen/ ayurvedic oils to protect from UV radiation
- 03 Use acidic soaps. Stay away from fancy scrubs



3 FOODS TO ADD

- 01 Plenty of hydration
- 02 Healthy fats (cold pressed oils/ cow's ghee), fatty fish for omega-3 barrier support.
- 03 Bright coloured fruits and veggies for antioxidants.



3 WELLNESS PRACTICES

- 01 7-9 hours of sleep for collagen repair.
- 02 Weekly oil massages
- 03 Thin coconut oil on dry areas (avoid excess on face)



Skin tells your story. Make sure that is a good one

**For doubts and queries, please reach out:
wellness@quadratyx.com**