

How to Transition Your Skincare Routine for Winter

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Courtesy of Instagram/[@selenagomez](#)

When we shop for skincare products, most of the time it's all about our skin "type" — dry, oily or combination. There are two problems with this, though: 1) Not everyone fits into one of those perfect little categories (because, #labelssuck) and 2) Your skin type may not be the same every day of the year. In fact, your facial needs can actually change with the seasons. While you may be a greasy girl on the days you spend covered in salt/sun/surf, once winter hits you may find yourself feeling dried out and *literally* flaking like snow.

Because of this, it's kind of crazy to think that you can get away with relying on the same skincare routine all year round. Just like you wouldn't wear summer clothes in the winter (unless you're Keke Palmer) you shouldn't try to make summer products work for your winter skin. Here are seven ways you can winterize your skincare routine to make sure your face is getting the love it deserves all year round.

1. Look For Buzzwords On Your Products

When you see words like “hydrating,” nourishing” or “moisturizing” on a cleanser, toner or moisturizer, a little ping should go off in your brain that says, "hey, this will help my dry, winterized skin." In general, "creams" are better for dry skin than "foams" or "gels", and thicker, more concentrated products will help you hydrate better.

2. Add A Serum To Your Routine

Serums may seem like they're meant for grown up skin (... because most of them say ANTI-AGING on the packaging in big, bold letters), but they can actually help provide an extra layer of protection and hydration. Look for a daily and/or nightly serum filled with essential oils, like the Rosehip one Miranda Kerr swears by, and apply it between your toner and moisturizer twice a day.

3. Take Your Makeup Off With Oil

A lot of over the counter makeup removers (especially the wipes!) are alcohol-based, and can seriously dry out your skin (I learned this the hard way when I tried to replicate Zendaya's skincare routine and ended up with a face full of zits). Instead, try a natural oil like olive or coconut, which will take off your makeup and nourish your skin in the process.

4. Skip The Topical Acne Medication

Acne medicines with salicylic or glycolic Acids treat pimples by drying them out, which inevitably dries out all of the skin around the little suckers. When that skin is dry to begin with, it can create some major problems. “Uncomfortable peeling and flaking as a result of acne fighting cleansers and ointments can lead to constant itching and unwanted acne scarring,” says cosmetic dermatologist **Dr. Ava Shamban**. In lieu of going the OTC acidic product route, use a q-tip to dab tea tree oil on your zits before bed. Better yet, try to get to the root of what's causing your breakouts (stress, hormones, your diet...), and treat it from the source, instead.

5. Don't Forget About Your Lips

... And not just for the sake of mistletoe and/or New Years Eve kisses. Lather on lip balm religiously (morning, noon, and night, at least) and consider testing out a lip exfoliator a few

times a week to get rid of any gross dead skin. Bliss's "Fabulips" Kit includes lip cleanser, scrub, balm and plumper that you'll want to have on hand for every big event of the season.

6. Drink It Up

I know you *know* how important it is to "drink enough water (trust me, I feel like a broken record), but this time of year it's easy to forget to do it because it's not hot, sweaty and disgusting outside (silver linings, I guess?). Still, you need to do it, for your skin, your immune system, your digestive system... you name it. "Getting the daily requirement of water eliminates many toxins and keeps skin clear and hydrated," says Dr. Shamban. Force yourself to drink a glass after you wash your face in the morning and at night so you can consider it a part of your routine. Then, find a way to squeeze in *at least six other full glasses* throughout the day, and your skin won't only be hydrated, it'll be glowing.

7. Moisturize, Moisturize, Moisturize

Just like the whole "drink enough water" thing, this one should be a no brainer, but what you may not know is that even though you aren't baking in the sun like you are in the summer, you should still be using some sort of moisturizing SPF. "No matter the weather, apply and reapply SPF the same way you would any other day," says Dr. Shamban. Opt for a tinted moisturizer with SPF in it, like this one from TIZO3, that Kylie Jenner loves. It will help you combine three steps (moisturizer, sunscreen, foundation) in your morning routine into one, which equates to six-ish extra minutes of sleep. (you're welcome).

<http://www.teenvogue.com/story/how-to-transition-your-skincare-routine-for-winter>