



Cold Weather Impact on Skin

November 02, 2018



As the weather starts to cool down this November, we wanted to share some advice in regard to keeping your skin healthy. Your skin naturally includes a protective barrier but this can be damaged by cold weather, leading to cracks through which water escapes. Additionally, with the breakdown of this uppermost layer of skin, irritants can more easily get in and can cause skin inflammation or redness.

If you have an existing skin condition such as rosacea, psoriasis, or eczema, it is extremely important to moisturize to keep healthy and reduce inflammation. One way to do so is by reducing your amount of bathing and showering with hot water. Hot water can dry out your skin and strip your outer layer of essential natural oils. Instead, we recommend showering in lukewarm water and following up with moisturizer for cleaner and healthier skin.

We often forget that our lips are skin too and as a very thin layer are often prone to dryness and itch. To reduce your sensitivity and chapped lips this winter, we recommend using our Refreshing Lip Oil and avoiding licking your lips which can contain bacteria and digestive enzymes.

We hope this helps to keep your skin healthy and fresh this winter.

As always, be well, do good.™

The Mali Mali® Team