

TOP WINTER TABOOS BEHIND SKIN PROBLEMS REVEALED

Dermatologists explain impact of cooler, drier weather and lifestyle choices

DUBAI

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UAE-based dermatologists have cautioned residents to be more mindful of skin care during winters as neglect can result in premature ageing, pigmentation, aggravated acne triggered by masks, and other issues.

Dr Chantal Sciuto, specialist in dermatology, cosmetics and aesthetic dermatology at the Dermalase Clinic in Jumeirah, Dubai, listed the top five reasons for winter skin breakouts that most commonly affect people.

"During winters, owing to the dryness in weather and people being outdoors, there are five common problems my patients walk in with," said Dr Sciuto.

Pigmentation

Dr Sciuto explained that pigmentation of the skin occurs in summers but is noticed in winters. "Sometimes the melanin production is not evenly spread and this results in pigment patches and provides uneven skin colour. During winters, when we spend more time outdoors, these patches become more evident."

Ultraviolet rays

Dr Fatima Zohra Rezgui, specialist dermatologist at the Aesthetica Clinic, Dubai, provided an analysis of the kind of sun damage to facial skin suffered in this region.

She said: "The World Health Organisation has established a UV Index [UVI] for various regions depending on the exposure to harmful ultraviolet rays from the sun in any season. In the UAE, the UVI is six in winters, which is a very high number. ... Therefore, it is important for people to use adequate sunscreen of over 30 Sun Protection Factor when stepping out."

Dryness

During winters, the air is dry and lacks moisture; this results in dryness of the skin. "This results in itchy skin, circulation issues and results in premature lines especially on ... the neck, the side of the mouths, under and side portion of the eye".

Dehydration

The human body is 70 per cent water, and lack of proper hydration results in premature ageing of facial skin. Dr Sciuto said: "We tend to drink water only when we are thirsty. In

winters, we are not as thirsty as we do not perspire so much. However, there is loss of water constantly happening ...and we must replenish our water."

Acne

The main reason for skin

outbreaks in winter is allergies and itchiness because of dryness and constant wearing of masks.

"People must wash their skin with a hypoallergenic soap or face wash, use a good moisturiser and wear a mask for not

DOS AND DON'TS FOR WINTER CARE OF SKIN

- **Use a good sun block of above 30 SPF** when you step out in harsh sunlight. Also, use a sunshade or umbrella if you are planning to be out for long.



food (salads, nuts, seeds can provide the much needed zinc, folic acid and other trace minerals for your skin health).

- While protecting the skin from harsh rays if the sun is important, it is equally crucial for you to expose your skin, without sun block, to the early morning sun. Try and catch early morning sunlight without sun protection for about 20 minutes each day to get adequate Vitamin D. But this must be very early in the morning, soon after dawn.

- **Do not forget to drink plenty of water to keep your skin hydrated**



- Do include a generous amount of micronutrients in your natural

Skin problems

- Sun damage and premature ageing.
- Dryness with exposure to winter air and hot baths results in poor skin tone, early lines around the eyes and mouth.
- Winter acne, which is trig-

- **Avoid too much tea, coffee, alcohol and cigarettes as these result in long-term oxidative damage of the skin.**



- Follow a good night routine of cleaning, toning moisturising. Do not forget to take off the make-up, wash you face with lukewarm water, gently pat dry. Then cleanse tone and massage a good skin serum with vitamin E and other antioxidants that will heal your skin through the night.
- Consult a good dermatologist to understand your specific skin needs and tailor you skin care routine according to your needs.



■ Dr Chantal



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more than two hours.... Let your skin breathe and if you have the slightest allergy, speak to your doctor. Wear a cloth mask and change it often," she advised.

Poor nutrition

While most women tend to spend a fortune on expensive creams and lotions, many tend to overlook balanced nutrition for the skin. Both Dr Sciuto and Rezgui emphasised a diet rich in micronutrients. It is essential to have a generous serving of fresh green vegetables, nuts, seeds, and oily fish, for natural micronutrients to support the needs of the skin, hair, nails and bones.