

Winter skin care for those over 40:  
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# Winter Skin Care for those over 40

It is rightly said that age brings wisdom and experience. But this wisdom never comes without some unwanted wrinkles, fine lines and signs of ageing. If you have lived over four decades, the chances of you having gone through some ravages of time are high. You might be a little less radiant and a little more wrinkled than you were ten years back, but beautiful you can still be.

Dr. Ranjan Upadhyay, Dermatologist, Desmoderm Skin Clinic, Delhi, says, "As you age, so does your skin. After a certain point in time, your skin will not produce enough natural oil to keep your dermis hydrated and supple. It will also experience a decrease in the production of collagen and elastin, the two proteins responsible for firmness in younger skin. The reserves of hyaluronic acid, the natural water binding element in the skin also decreases, leading to drier and duller looking skin that carries fine lines and wrinkles."

During winter, the major skin issue we face is that of dryness and loss of moisture. Cracked lips, heels and dry skin are a major problem. Every time you wash your hands or face, you feel extreme dryness. This increases as we age. At 25, you might be able to carry on a day without a moisturizer but at 40, you certainly cannot. Hence, while basic skincare requirements in the winter season remain largely the same revolving most of the time around the need for moisturizing, for people in their 40s, they are a little more pronounced and need to be combined with some anti-ageing practices and products.

Let's take a look at required skincare practices:

## Cleansing, toning, moisturizing and sunblock

These are certain basic skincare elements that need to be a part of your daily life irrespective of your age. Dr. Upadhyay adds, "Cleansing and toning help protect your skin against the daily ravages of pollution and dust. They help keep your pores clean. In winter especially, when you wear heavier moisturizers, the need for cleansing is more important. It is very essential to keep your skin hydrated. However, if you have oily skin, it is better to use water based moisturizers rather than cream based ones."

While a number of factors are responsible for causing skin changes over the years including genetic and those related to nutrition, sun exposure is one of the most prominent causes. Hence it is crucial to apply a sunblock with 30 SPF at least. It is a misconception that you do not need to wear a sunblock in winter. Moreover, the sunblock has to be reapplied every 3-4 hours as it loses its impact. Sunblock also protects against pigmentation, a phenomenon which is very