

common in older skin. Night creams and applications are also important for people in this age bracket as they help the skin remain firmer and more toned.

The needs of the neck, hands and heels

Normally, we all take care of our faces, but seldom do we pay similar attention to our neck and hands. Dr. Upadhyay opines, "Ironically, these areas become the biggest giveaways of your age. In winter, the skin in these areas is dry, flaky and scaly. Make sure your daily skincare regime is extended beyond your face to include your neck and hands. This includes cleaning, toning, moisturizing and sunscreen. Every time you wash your hands, make sure you apply a moisturizer. If you are washing dishes, make sure you wear gloves so as not to expose your hands to the detergent and water."

Cracked heels are another area that become problematic after 40, particularly in winter. Keep a foot cream ready and use it daily before going to bed. It will help keep your feet smooth and beautiful.

Hydrating masks

Winter is a time when we extensively use central heating systems that can suck up all the indoor moisture and cause skin to be dry. Dr. Upadhyay suggests, "To undo the effects of dryness, some hydrating face masks can be applied. Honey based face packs, milk cream, banana pulp as well as yoghurt can be applied on the skin as hydrating face masks. Apply these items on the skin evenly and leave for 15-20 minutes before you wash them off. These hydrating ingredients have a softening effect that makes the skin supple."

Replenishing hyaluronic acid cosmetically can enrich the skin during winter

Today, skincare products and procedures are based on scientific

knowledge. Through extensive research, experts know the reasons why skin ages and why the need for hydration increases with age. Hyaluronic acid is an important component of the skin. It helps keep the levels of hydration in the dermis as it binds water. However, with age, our skin's natural reserves of hyaluronic acid diminish resulting in dull skin. Many creams containing hyaluronic acid are available in the market. Find one for yourself.

Hair care

Winter brings with it dry, static and dull hair. Hair should be washed with lukewarm water instead of hot water. Hot water removes all traces of natural oil from the scalp, which further aggravates the problems of dry hair, dandruff and hair loss. Use a mild shampoo and avoid over shampooing. Make sure to end the bath with a cold water rinse as this helps to close the pores and seal in the moisture.

Beauty experts recommend conditioning the hair with hair conditioners and suggest going for deep conditioning treatments and hair repair masks.

Vitamins are important as we age

Dr. Upadhyay adds, "Vitamins are crucial in fighting oxidative stress that is a normal part of ageing. As winter approaches, I would recommend increasing your vitamin intake. Make sure citrus fruits are a part of your diet, along with vegetables. Topical application of vitamin C which is available in serums is also very effective." As the outside temperature falls, our body temperature also starts falling. To keep the body temperature in the normal zone, the body produces heat by burning more calories. Thus we tend to eat more, more frequently to match this calorie deficit. One recommended spice is black pepper. Recognized as the king of spice, black pepper is a popular spice

known since ancient times. Because of its antibacterial properties, pepper is also used to preserve food. It is a source of manganese, iron, potassium, vitamin K, C and dietary fiber. Black pepper is a very good anti-inflammatory agent.

According to Shweta Kate, Diet Consultant, Diabetes Educator, Content Editor, Just for Hearts, black pepper is a great spice to use on daily basis in winter as it:

- * Improves digestion: Pepper increases the hydrochloric acid secretion in the stomach and thus, helps digestion. Black pepper if added in the diet also avoids gas formation.
- * It helps as a great fat burner.
- * In many cough syrups, pepper is added as it provides relief from cough and cold.
- * The antibacterial property of black pepper helps to fight against infections and insect bites.
- * It should be included in the diet as it helps to improve immunity and protects from frequent coughs and colds which are very common illnesses in winter.

Release stress and exercise

If you have to look good, you should look good from within. Regular exercise or yoga in your life helps release stress and keeps your skin beautiful and youthful. It also builds immunity. Try giving your body at least a 30-minute workout daily. You can go for a mid-morning walk, if it is too cold in the morning. You can work out at home or the gym. Cold weather puts an extra strain on the heart. So if you have heart disease or high blood pressure, follow your doctor's advice on exercise. If you have to do tiring outdoor chores, dress warmly and work slowly. Remember your body is already working hard just to stay warm, so don't overdo it.

— Khursheed Dinshaw