MEDIA RELEASE

19 May, 2017

5 TIPS TO KEEP YOUR SKIN RADIANT THIS WINTER

In winter our skin can dehydrate easily due to the colder environment - our skin has to battle the cold winds which can make it sensitive and dry, and as much as we love the heaters in the car and at home it can play havoc on the skin causing dehydration.

Here are five basic tips from Beauty Teacher Fiona Patterson (TAFE Queensland South West) to help keep your skin radiant this winter…

1. Remember to keep drinking plenty of water even as the weather cools down – your skin needs it

2. Wearing sunscreen is still very important as the winter sun can affect the skin just as much as the summer sun

3. Make sure to apply lip balm to stop your lips from getting wind burn and/or chapping

4. Invest in some facial products specifically designed for winter like a nice scrub or mask – especially if you know your skin can be problematic when it's cold

5. Change up your regular products – look for a creamy cleanser instead of a gel cleanser, an exfoliant is a must for removing the dead skin cells that like to gather in the winter months that can make your skin look dull, a good hydrating mask is essential, a more protective moisturiser will help combat the elements, and an eye cream can help protect the delicate skin in this area.

If in doubt book in for a facial or treatment at the TAFE Queensland South West Toowoomba training salon, Salon on Bridge, by calling (07) 4694 1660 or Ipswich salon, Salon on Mary, by calling (07) 3817 3044.

Disclaimer: The comments provided in this article are general in nature only and are not a substitute for professional advice. The author accepts no responsibility for any action taken by a reader in relation to this article.

-ENDS-

Media Contact:
Grace Callan, Communications Officer, TAFE Queensland South West
P: 4694 1502 | **M**: 0439 254 330 | **E**: Grace.Callan@tafe.qld.edu.au
RTO 0526 | CRICOS 02011C