

# Seasonal skin

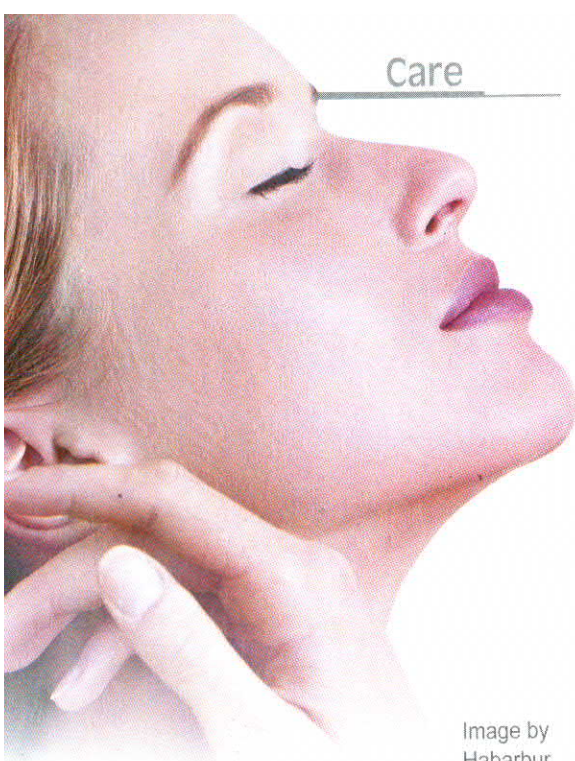


Image by Habarbur

By Adi Zohar

**C**old, dryness and changes in temperature cause the skin to lose its healthy, radiant look. But it's possible to refresh it and enter the fall and winter season with glowing and well-tended skin. "Maintenance," says Yehudit Yanus, head instructor at Shiseido Company Ltd., "is an important term in skincare. The daily care routine has to receive reinforcement similar to continuous maintenance, like dental treatments or servicing the car. Periodic treatments significantly improve the skin's appearance, which gets a boost with the help of ingredients that are not used regularly in the daily care routine. It's important to consider intensive treatment to improve the skin's moisture so that the deep layers of the skin will also be maintained correctly. This treatment has a huge impact on the skin's health and appearance."

A new season brings raised spirits, as well as a range of allergies, migraines, skin irritation, breathing problems and more. All this affects the skin, which requires seasonal maintenance and rehabilitation

The skin's common reactions to the change of seasons are redness, coarseness and seborrhea, says Yehudit Blavat, an instructor at La Prairie. "The skin loses moisture; it looks tired and lacks radiance. It's important to make the skin stronger, specifically at the changing of the seasons. Megaproducts such as serums help even more at sensitive times like this."

During the transition season, extreme changes in temperature cause trauma to the skin, adds Varda Shahaf, an instructor with the Lancaster Group. "This trauma is reflected in the unbalanced functioning of the skin, which disrupts the rhythm of cell renewal. This causes dryness and deficits in energy components such as vitamins, minerals, and diminishes the skin's ability to retain fluids. The seasonal task of rehabilitation is to rebalance all the skin's functions, to slow down the accelerated aging process and allow the skin to behave like young skin." Ya'arit Nahum, the main instructor at the Pevonia Botanica Company, summarizes: "To prevent the phenomenon of extreme dryness or various skin irritations, it's recommended to do a series of preliminary peelings that will peel and melt the intercellular 'glue.'"

The peelings will raise the natural level of moisture, remove dead cells and prepare the skin to absorb moisture and active ingredients."

Of course, it's recommended to balance the skin with moisture throughout the entire year, but towards the transitional season, you have to add, fortify and refresh.

### Transitional season: Skincare tips

1. Cleanse your face thoroughly with a preparation designated for that task that will balance the skin and not dry it out.
2. Remove makeup before going to sleep to clean the pores and preserve healthy skin.
3. Use a light peeling to remove dead skin cells.
4. Make sure to balance and enrich the skin with moisture. Give every area of the face its designated balance: special creams for the eyes, the lips, the neck and the décolletage.
5. Even if it doesn't look as though the sun's rays will do any damage, use moisturizer with sunscreen before going out of the house in the daytime.
6. Proper nutrition helps maintain healthy skin. Drink water throughout the day, have regular meals every day and avoid fatty foods.



Clineral Facial Balm Cream by Ahava and Teva



Ultimate Anti-Wrinkle Lifting Eye Serum by L. Raphael



Hydra-Protective Winter Cream by Christina



Throat, Décolletage and Bust Care by Stendhal



Clinique Turnaround Instant Facial Masque



Serum Hydromose by Mary Cohr Paris



Moisturizing Sorbet by Vegetable Garden at April



Jojoba Pure Vitamin Enriched Serum by Soft Touch



Multi-Active Serum by Clarins

