

Getting the better of WINTER SKIN



Common seasonal triggers

Do you know that seasonal changes are one of the primary underlying causes of dry and itchy skin?



Central Heating

While a warm home is comforting, indoor heating dries the air, leading to moisture loss in the skin.

A humidifier can help counteract this effect.



Party Food & Drink

Winter parties bring indulgence, but high-fat, high-sugar foods and alcohol can worsen skin dryness.

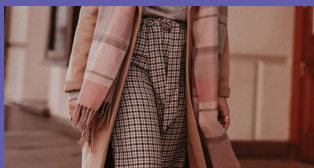
Enjoy the treats, but be mindful of how they might affect your skin.



Costumes & Festive Clothing

Winter clothing like tights and sweaters often includes wool and synthetics, which can irritate sensitive skin and make celebrations less comfortable.

Choosing clothes made from cotton, bamboo and silk can make a big difference to how you feel.



Layering Clothes

Excessive layering can trap sweat, irritating the skin and triggering flare-ups.

You need layers that help you manage moisture from both inside and outside, such as a moisture-wicking base layer, and a waterproof outer layer.



Holiday Stress

The holidays can trigger the release of stress hormones, leading to increased inflammation.

Practice stress management techniques like deep breathing and meditation to stay on top of it!



Winter Activities

Everyone should enjoy fun in the snow, but for those with eczema, wet clothes can irritate the skin.

Remove them quickly and moisturise before putting on dry clothes.

Sources:

<https://eczema.org/information-and-advice/triggers-for-eczema/weather-and-eczema> | <https://www.psoriasis-association.org.uk/news/cold-weather-tips> | <https://eczema.org/information-and-advice/triggers-for-eczema/stress-and-eczema/> | <https://www.nuffieldhealth.com/article/eczema-5-ways-changing-your-diet-could-help> | <https://nationaleczema.org/blog/how-to-choose-and-wear-winter-layers-if-you-have-eczema/>

How to reduce the impact of seasonal changes on your skin.

1. Apply emollients liberally and frequently. **Reapply at least 3-4 times per day** (as advised by the NHS) to maintain optimal moisture levels.
2. Pay special attention to your **hands and face**, as these areas are often more exposed to the elements, and require extra care during the colder months.
3. Carry a smaller size emollient tube for **on-the-go** applications.
4. Shift from lighter lotions, to thicker creams and ointments, with **richer, more moisturising formulas**.
5. Switch from everyday soaps and shower gels to an **emollient soap substitute** to reduce further skin dryness.



Looking after winter skin with QV.



QV Gentle Wash is a soap-free foaming cleanser. The pH-balanced formula gently cleanses while hydrating sensitive skin.

QV Cream is a highly concentrated, rich moisturising cream that provides up to 24-hour hydration.

Both products are ideal for dry, sensitive skin and for conditions such as eczema, psoriasis, and dermatitis.

Sources:

<https://www.nhs.uk/conditions/emollients/> | <https://eczema.org/information-and-advice/triggers-for-eczema/weather-and-eczema> | <https://www.psoriasis-association.org.uk/moisturisers-and-emollients> | <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6464068/>



Scan for more
information