

THE WEATHER FACIAL From reducing puffiness to clearing your pores, 8 ways the COLD WEATHER boosts your skin

Cold air might be notorious for drying out your skin, but it turns out there are some benefits too

EXCLUSIVE

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WE might wish them away, desperately counting down the days until summer – but the winter months can do wonders for your complexion.

While the cold air is notorious for sucking the moisture out of your skin, leaving it dull and flaky, it can also reduce puffiness, clear your pores and give you a rosey glow, according to one expert.



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Cold air can unclog your pores, rejuvenate your skin and give you a rosey glow

Dr Julian De Silva from the Centre For Advanced Facial Cosmetic & Plastic Surgery, claims the chill in the air can also help with anti-ageing.

Here are his eight reasons the winter months can benefit your complexion:

1. It clears your pores

Cooler weather can act as a tonic or astringent to contract the skin's cells, which reduces clogs in the pores and keeps them less visible and more refined.

Cold weather also slows down and prevents the secretion of sebum, which waterproofs the skin and hair, keeping shine at bay and reducing acne.

2. It improves your sleep

Getting a good night's sleep is vital for skin health.

It reduces circles under the eyes and makes sure your complexion stays glowing.

Lots of us suffer sleeplessness in the summer heat.

Coldness mimics the body's natural drop in internal temperature, which occurs around two hours after we hit the sack.

Therefore, most sleep scientists believe that a slightly cool room contributes to a full night's rest.



The cold weather is known for drying our skin, but it can also stop acne and excess oil build up

3. It reduces puffiness

Cold weather promotes blood circulation in both the face and body – reducing inflammation and swelling to the eyes and face, according to Dr De Silva.

4. It rejuvenates the face

Think of the rejuvenating effect of splashing your face with cold water in the morning – it keeps your skin tight, vibrant and radiant.

Well, the cold weather works in the same way.

It's why cold showers benefit the skin.

Cold water tightens your cuticles and pores, which will prevent them from getting clogged.

The chilly water can 'seal' the pores in the skin, preventing dirt from getting in.

Hot water has the tendency to dry out our skin.

5. It can help you lose weight too

Cold weather triggers calorie burn, which means your body has to work harder to keep you warm – meaning it is easier to lose weight.

Dr De Silva says your skin benefits from overall improvements in appearance caused by weight loss.

The human body contains two types of fat tissue, white fat and brown fat.

White fat is accumulated when we consume more calories than our body needs to function, and we don't burn these calories for energy.

The body fat piles up at our waist, lower back, neck, and thighs, and is the one we all struggle to eliminate.

Brown fat is the good fat, which generates heat to keep our bodies warm, and is activated when we are exposed to extreme cold.

Thus, cold weather can promote brown fat activity.



The cold weather also stimulates weight loss as the body burns extra calories to keep warm

6. You'll get more colour in your face

Moderately cold temperatures train your blood vessels to be responsive – causing redness in the cheeks.

So get out in the cold for that bright-eyed, rosy-cheeked, all-natural look.

7. Cleaner air is better for your skin

Winter means its goodbye to all the bad air quality and high ozone levels so common in the spring and summer months.

The crisp, clean quality of cold air makes this time of year a great time to be out in nature, taking long walks and deeper breaths of fresh air and rejuvenating the skin.

8. It boosts antioxidants

Cold weather stimulates glutathione, an antioxidant that keeps all other antioxidants performing at their optimal levels.

It is capable of preventing cellular damage to the skin, a common cause of ageing.