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Beginner lessons for Seasonal Care

Master Seasonal Skincare for Radiant Skin Year-Round!

DEFINITION

> Seasonal care involves adjusting your skincare routine to match the changing weather. This ensures your skin remains healthy and balanced throughout the year.

KEY CONCEPTS

Winter Hydration

In winter, skin tends to dry out, so use heavier moisturizers to lock in moisture.

Summer Protection

During summer, apply sunscreen daily to protect against UV rays and prevent sun damage.

Spring Renewal

Spring is a great time for exfoliation to remove dead skin cells and promote new growth.

Fall Repair

In fall, focus on repairing summer damage with nourishing serums and richer creams.

EXAMPLES

- → Switch to a thicker cream in winter.
- → Use SPF 30 or higher in summer.
- → Exfoliate twice a week in spring.

MEMORY TIPS

- ★ Remember WSSF: Winter - Summer - Spring - Fall for seasonal routines.
- ★ Think 'Hydrate, Protect, Renew, Repair' for each season's focus.
- ★ Visualize a calendar with skincare changes marked for each season.

COMMON MISTAKES

- ✗ Neglecting sunscreen in winter.
- ✗ Over-exfoliating in spring.
- ✗ Using the same products year-round.

QUICK RECAP

Adjust your skincare routine with the seasons for optimal skin health. Focus on hydration in winter, protection in summer, renewal in spring, and repair in fall.