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Beginner lessons for Seasonal Care

Master Seasonal Skincare for Healthy, Glowing Skin Year-Round!

DEFINITION

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

KEY CONCEPTS

Moisturizing

Different seasons require different moisturizers; choose heavier creams in winter and lighter lotions in summer.

Sunscreen

Always apply sunscreen, even in winter, as UV rays can damage your skin year-round.

Exfoliation

Exfoliate regularly to remove dead skin cells, but adjust frequency based on season and skin sensitivity.

Hydration

Increase water intake in summer to keep skin hydrated and reduce dryness in winter.

Seasonal Ingredients

Use ingredients like aloe vera in summer for cooling effects and shea butter in winter for nourishment.

EXAMPLES

- Switch to a gel moisturizer in summer.
- Use a thicker cream during cold months.
- Apply SPF daily, regardless of the season.

MEMORY TIPS

- ★ Remember 'SHEM' for Skincare: Sunscreen, Hydration, Exfoliation, Moisturizing.
- ★ Think 'Seasonal Switch' to adjust products with the weather.
- ★ Use 'WARM' for winter care: Water intake, Aloe for summer, Rich creams for cold.

COMMON MISTAKES

- ✗ Neglecting sunscreen in winter.
- ✗ Using the same moisturizer year-round.
- ✗ Exfoliating too aggressively in winter.

QUICK RECAP

Seasonal skincare is essential for maintaining healthy skin throughout the year. Adjust your routine based on weather changes, focusing on hydration, protection, and the right products for each season.