



WINTER SKINCARE ESSENTIALS: Medical-Grade Skincare Products to Combat the Cold

As the temperature drops and winter sets in, our skin undergoes some significant changes. Cold, dry air can wreak havoc on our skin, leading to a variety of skincare concerns. Fortunately, medical-grade skincare products are here to rescue your skin from the harsh winter elements. In this comprehensive guide, I'll be sharing my top product recommendations tailored to different skin types to address common winter skincare concerns. Plus, I'll reveal my top three must-have products for radiant winter skin, ensuring you have all the information you need to weather the winter with grace.

DRY SKIN: Alumier HydraDew Moisturizer

For those with dry skin, winter can be especially harsh, as it tends to exacerbate dryness and flakiness. Alumier's HydraDew Moisturizer is your best friend during the winter months. This luxurious moisturizer is infused with hyaluronic acid, which hydrates your skin deeply, restoring its moisture balance. It also contains shea butter and niacinamide to soothe and protect the skin's barrier. With regular use, you can say goodbye to dry, parched skin and hello to a plump and radiant complexion.

OILY SKIN: Alumier Acne Balancing Serum

Winter doesn't mean that oily skin is in the clear. In fact, the cold weather can lead to an overproduction of sebum, potentially causing breakouts. The Alumier Acne Balancing Serum is an ideal choice for individuals with oily or acne-prone skin. This serum contains salicylic acid and niacinamide, which work together to control excess oil production, unclog pores, and reduce acne blemishes. It's a lightweight formula that won't make your skin feel greasy but will keep those unwanted breakouts at bay.

SENSITIVE SKIN: Alumier HydraCalm Moisturizer

If you have sensitive skin, winter can trigger redness and irritation. Alumier's HydraCalm Moisturizer is a gentle yet effective solution. This moisturizer features a blend of soothing ingredients such as aloe, niacinamide, and sea whip extract. These ingredients work together to calm inflammation, reduce redness, and strengthen the skin's barrier. Your sensitive skin will thank you as it stays soothed and protected throughout the winter.



COMBINATION SKIN: Alumier Ultimate Boost Serum

For those with combination skin, finding the right balance between hydration and oil control can be challenging. Alumier's Ultimate Boost Serum strikes that balance perfectly. This serum contains a combination of hyaluronic acid, vitamin B5, and peptides. It hydrates dry areas while regulating oil production in the T-zone. The result? A harmonious, radiant complexion that's ready to face the winter chill.

TOP 3 MUST-HAVES THIS WINTER

Alumier Sheer Hydration SPF 40: This spf moisturizer is a winter essential for all skin types. A silky and sheer powerful broad spectrum protection against harmful UVA and UVB rays even on cloudy winter days.

Alumier AHA Renewal Serum: This serum will keep your skin brighter and more radiant all winter long, helping you achieve a healthy, glowing complexion.

Alumier Ever-Active C&E Peptide: This vitamin C serum will reduce visible signs of aging for all skin types.

ADDITIONAL WINTER SKINCARE TIPS

Now that we've covered the top Alumier products for winter skincare, let's explore some additional tips to keep your skin healthy and beautiful throughout the season.

Stay Hydrated: One of the most effective ways to combat dry winter skin is by staying hydrated. Drink plenty of water to keep your skin moisturized from the inside out.

Use a Humidifier: Central heating systems can sap the moisture from the air in your home, contributing to dry skin. Using a humidifier can add much-needed moisture to the indoor environment.

Gentle Exfoliation: Exfoliating your skin 1-2 times a week can help remove dead skin cells and allow your skincare products to penetrate more effectively. Use a gentle exfoliant to avoid over-exfoliation.

Protect Your Skin: Don't forget to apply sunscreen, even in the winter. UV rays can still damage your skin, especially when reflected off snow.

Upgrade Your Skincare Routine: Consider adjusting your skincare routine for the winter months. This may involve using richer moisturizers and incorporating products like Alumier's Evercalm Soothing Serum to combat the harsh weather conditions.

Hydrate Lips and Hands: Your lips and hands are particularly vulnerable to dryness in winter. Keep them moisturized with a nourishing lip balm and hand cream.

In conclusion, by addressing the specific needs of your skin type and concerns, you can enjoy the season without worrying about dryness, breakouts, or irritation. These top Alumier picks and must-have products, along with additional winter skincare tips, will keep you glowing and confident all winter long. Embrace the cold with confidence, knowing your skin is well-protected and pampered. With the right skincare routine and Alumier MD products, you'll face winter with radiance and resilience.



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COMMON DO'S AND DON'TS FOR WINTER SKINCARE

DO'S

Do Use a Gentle Cleanser: Opt for a gentle, hydrating cleanser that won't strip your skin of its natural oils. Harsh cleansers can exacerbate dryness in winter.

Do Apply Sunscreen: Even on cloudy winter days, UV rays can harm your skin. Apply a broad-spectrum sunscreen with at least SPF 30 to exposed areas of your face and body.

Do Layer Your Skincare: Consider layering your skincare products from lightest to heaviest. Start with serums, then moisturizers, and finish with sunscreen during the day or a night cream before bedtime.

Do Stay Hydrated: Drinking water helps maintain your skin's moisture balance. Herbal teas and warm water with lemon can also contribute to hydration.

Do Protect Your Lips: Use a lip balm with SPF to shield your lips from the elements. Reapply as needed to prevent chapping.

Do Invest in a Humidifier: As mentioned earlier, using a humidifier in your home can add moisture to the dry indoor air, benefiting your skin.



DON'TS:

Don't Take Hot Showers: While tempting, hot showers can strip your skin of essential oils, leaving it dry and irritated. Opt for lukewarm water instead.

Don't Over-Exfoliate: Exfoliating is important, but don't overdo it, especially in the winter. Excessive exfoliation can worsen dryness and lead to sensitivity. Stick to a gentle exfoliation routine.

Don't Neglect Your Feet: It's easy to forget about foot care in winter, but cold weather can lead to dry, cracked heels. Regularly moisturize your feet and wear warm socks.

Don't Use Harsh Skincare Products: Avoid skincare products with alcohol, fragrance, and harsh ingredients, as they can further irritate your skin in the winter.

COMMON WINTER SKINCARE MYTHS:


Myth: You Don't Need Sunscreen in Winter: False. UV rays are present year-round, and snow can reflect them, increasing your exposure. Always use sunscreen in winter.

Myth: A Thicker Moisturizer is Better: Not necessarily. The key is to find a moisturizer that suits your skin type and concerns. Some thick moisturizers may be too heavy and lead to breakouts.

Myth: You Can Skip Cleansing in the Morning: While your skin may feel dry, it still accumulates oils and sweat overnight. Cleansing in the morning helps prepare your skin for the day.

Myth: All Oils Are Bad for Acne-Prone Skin: Some facial oils, like jojoba or squalane, can actually help balance oil production in acne-prone skin without clogging pores.

Myth: You Don't Need to Adjust Your Skincare Routine: Your skincare needs change with the seasons. Adjusting your routine to address winter-specific concerns is essential for maintaining healthy skin.

By following these do's and don'ts and dispelling common skincare myths, you'll be better prepared to tackle the challenges of winter skincare. Remember that your skin's needs may change as the weather does, so be attentive and adaptable in your skincare routine to ensure your skin stays radiant and comfortable throughout the winter months. 

To purchase these medical-grade skincare products and to have a customized winter skincare routine please contact Nurse Jenny at:

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