

Using the Right Skin Care Products for the Right Season

Do you switch products with the seasons? If not, it's time to reevaluate how you treat your skin throughout the year. There is no one single skin care product that can combat against all problems. Each season brings with it new challenges for your skin; especially your face, and you need to have the right products to handle these.

Spring

After all that cold, spring can be a welcome season. You'll probably start spending more time outdoors, but there is still a chill in the air that can cause some chapping. Use a neutral moisturizer as part of your daily routine to keep skin healthy and supple.

Summer

This season is traditionally very hot and sunny. That means you need extra protection for your face and lips. Try using a moisturizer with SPF 15 or higher to keep your skin safe from the sun, even if you don't plan on being outside much.

Another common issue during the hotter months of the year is excess oil production, which can result in a greasy look. Many women find that a good cleansing routine in the morning will help keep this in check. You don't want to actually strip the oil away with an astringent because that only signals your body to produce more. Instead, use blotting papers or powder to absorb the excess and keep your face matte instead of shiny.

Fall

With fall comes wind and wind can wreak havoc on your skin. Again, moisturizer is key, but you'll need something more than the light versions used in spring and summer. Stick to heavier lotions that are formulated for the face.

Another problem with all that wind is the dust it kicks up. You'll want to make sure you use a cleanser in the evening before bed to clear out those clogged pores and a scrub will help remove any dead skin and debris to prevent blackheads.

Winter

Obviously, winter can be tough on the skin, particularly if you live in an area where it gets very dry during the winter. Your cleansing routine will be very important during this time. You want to avoid chemicals if possible, since your skin will already be sensitive and irritated from the cold. Stick to heavier moisturizers and don't forget the scrubs to exfoliate the skin that will tend to build up in colder weather. Even though it's winter, a moisturizer with SPF is a good idea. The glare off the snow can actually burn you if you aren't careful. Stay away from astringents or other products that contain alcohol since they will tend to dry the skin out even more than it already is.

Just like you change your wardrobe with the seasons, you need to change your daily skin care routine. Make sure you keep your face protected from sun and wind or you'll end up with chapped skin that looks bad. Keep an eye on your skin and make sure you treat it with care according to the seasons.

About the Author

As [massage oils](#) relieve the body from aching muscles, one must also realize the importance of protecting their skin by using [natural cosmetics](#). While an adult's skin requires protection, baby skin care is even more important as their skin is more delicate.

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