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What is a Winter Jacket?

A winter jacket is a garment that can help you

Withstand the cold, wind, and snow or rain. It should

Contain thick insulation so your body stays warm even when not in motion. It should also protect from wind and precipitation. A good winter jacket needs to keep you and its insulation dry and should have a waterproof/breathable outer shell needed underneath.

Aside from being functional in a cold environment, winter jackets also tend to be longer and are styled to work for casual and more formal occasions. In contrast to their lightweight counterparts used for cold weather sports, around town winter jackets often include many more features that add to their comfort and livability, since weight is not a primary concern.

I bet you prepare for winter by pulling your jackets, hats, and gloves out of storage. If you are anything like me, this process of winter preparation gives you time to mentally brace yourself for the inevitably cold, and sometimes uncomfortable, months ahead. During the winter months, you take extra steps to ensure your body is covered and warm at all times, yet your face—the most exposed part of your body—is the most affected by the weather. But what do you do to prepare and protect your face from the cold weather winter conditions?

During the cold winter months, as opposed to warmer months, there is naturally less moisture in the air. This lack of moisture on top of winter wind strips the skin of its natural moisture. To keep your skin moisturized in the winter months only takes a few small adjustments to your skincare routine.

An extra barrier between the skin and the winter elements is needed to protect the skin from potential bouts of dryness and irritation. The easiest and most basic way to protect the skin is applying a winter-appropriate moisturizer. During the warmer months, your skin only requires a light moisturizer, but because the colder winter months have a harsh effect on the moisture of the skin, a switch to something heavier is necessary. A heavy moisturizer provides the extra moisture your skin needs, as well as better protection from the winter elements. Look for the ingredient hyaluronic acid in your moisturizer for protection, and add a hydrating serum for extra hydration.

To maintain moisture, avoid washing with hot water. Sure, it's cold outside and it's tempting to take a hot bath or shower, or even wash your face with hot water. Unfortunately, hot water will dry out your skin. So, warm yourself with an extra hot latté, but use lukewarm water when washing! Your skin will thank you.



IS YOUR VEHICLE WINTER READY?



BEFORE YOU GO: A CHECKLIST TO BE SAFER ON WINTER ROADS

