

KALYANA

AESTHETICS

AUTUMN & WINTER SKINCARE GUIDE

Protect, Nourish & Glow Through the Colder Months

As the temperatures drop and the air becomes drier, our skin naturally changes. During autumn and winter, we often experience tightness, dryness, flakiness, and a loss of radiance. This is due to reduced humidity, indoor heating, and exposure to harsh winds — all of which can disrupt our skin's natural barrier. The good news? With a few adjustments to your skincare routine and some professional support, your skin can stay hydrated, healthy, and glowing all season long.



Why Our Skin Changes in Colder Weather

Cold air holds less moisture, meaning your skin loses hydration faster. Combined with the effects of indoor heating and hot showers, this can lead to transepidermal water loss — leaving the skin feeling tight, itchy, or sensitive. Sebum production also tends to slow down, which reduces the natural oils that normally protect your skin barrier.

How to Protect & Nourish Your Skin

- **Keep using SPF** — UV rays can still penetrate through clouds and windows, causing premature ageing.
- **Boost hydration** — Use serums containing hyaluronic acid, glycerin, or urea to draw moisture into the skin.
- **Consider a barrier cream** — Look for ingredients like ceramides, squalane, and fatty acids to protect against wind and cold.
- **Avoid very hot showers** — These strip natural oils and worsen dryness.
- **Switch to a richer moisturiser** — Light gels may not provide enough protection during colder months.

Ingredients to Look For

Look for ingredients that help restore moisture and strengthen the skin barrier: -



- **Hyaluronic Acid:** Attracts and retains moisture.
- **Ceramides:** Rebuild the protective barrier.
- **Squalane:** A lightweight oil that prevents dehydration.
- **Niacinamide:** Reduces redness and boosts resilience.
- **Panthenol:** (Vitamin B5): Soothes and supports healing.

Ceramides

Ceramides are natural lipids (fats) that occur naturally in your skin — making up around 50% of the skin’s outer layer. In skincare, they’re usually plant-derived (from wheat, rice, or soy) or synthetically made to match our own. They act as the “cement” holding skin cells together, keeping moisture in and irritants out. Cold weather and ageing reduce ceramide levels, so replenishing them helps strengthen and protect the barrier.

Squalane

Squalane is a stable form of squalene — a compound that exists naturally in our skin’s sebum. Modern skincare uses 100% plant-derived squalane, most often from olive oil, sugarcane, or rice bran. It mimics the skin’s natural oils to lock in hydration and maintain softness without greasiness, making it ideal for cold or dry conditions.

Niacinamide (Vitamin B3)

Niacinamide is a form of Vitamin B3, naturally found in foods like whole grains and vegetables, but used in skincare in its pure, lab-created form for stability. It helps balance oil, calm redness, refine pores, and improve the skin’s barrier function — supporting moisture retention and a healthy glow throughout winter.

Hyaluronic Acid

Hyaluronic acid is a molecule that naturally occurs in the skin, eyes, and connective tissue. In skincare, it’s typically derived from plant fermentation (such as wheat or corn) or created synthetically. It can hold up to 1,000 times its weight in water, making it one of the most effective hydrators available. It helps plump the skin, smooth fine lines, and maintain lasting hydration — essential in cold, dry weather.

Panthenol (Provitamin B5)

Panthenol is a derivative of Vitamin B5, naturally found in foods like eggs, mushrooms, and avocados, but used in skincare in a pure, stabilised form. It attracts and locks in moisture while soothing irritation. Known for its healing and anti-inflammatory properties, panthenol is perfect for calming dry, flaky, or sensitive skin — helping maintain a healthy, supple complexion in the colder months.

Ingredients to Avoid

Avoid harsh or overly stripping products that can worsen dryness or sensitivity during colder months:

- Alcohol-based toners and astringents.
- Strong exfoliants like glycolic acid or physical scrubs used too frequently.
- Foaming cleansers with sulfates (SLS/SLES).

Professional Treatments to Consider

Colder months are the perfect time to invest in rejuvenating skin treatments that promote hydration and repair:

- **Skin Boosters & Mesotherapy** — Deeply hydrates and nourishes from within.
- **Polynucleotides** — Stimulates skin regeneration and improves elasticity.
- **Microneedling (LuminaGOLD RF)** — Encourages collagen production and skin renewal.
- **Nimue Facials/ Chemical Peels** — Tailored to restore balance and protect your skin barrier.
- **JellyGlow Facial** — Gently exfoliates while delivering intense hydration.

Final Thoughts

Transitioning your skincare routine for autumn and winter helps maintain a strong, glowing complexion. Focus on protecting your barrier, boosting hydration, and nourishing your skin with the right ingredients. Your skin will thank you come spring — soft, supple, and beautifully radiant.

Fall into flawless — your autumn glow awaits

Kalyana Aesthetics | The Art of Natural Rejuvenation

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