

Glow & Glamme

Premium Winter Skincare Guide

Personalized routines • Product recommendations • Ayurvedic tips

Oily Skin – Winter Routine

What To Do:

- Use a gentle, non-foaming cleanser with salicylic acid (AM/PM).
- Apply a lightweight gel moisturizer with hyaluronic acid.
- Use a matte SPF 30+ sunscreen.
- Add niacinamide 2–5% in the morning.
- Use an aloe vera gel layer at night.
- Clay mask (multani mitti) once a week.
- Avoid heavy oils like coconut or castor oil.
- Drink warm water + green tea daily.

Recommended Products:

- Cleanser: Cetaphil Oil Control / Minimalist Salicylic 2%
- Moisturizer: Neutrogena Hydro Boost Gel
- Sunscreen: Re'equil Oily Skin SPF / Fixderma Shadow Gel
- Treatment: Minimalist Niacinamide
- Lip Care: Vaseline Aloe Fresh

Dry Skin – Winter Routine

What To Do:

- Use creamy, hydrating cleansers morning and night.
- Layer moisturizers: light lotion → thick cream.
- Use hydrating oils like almond or squalane.
- Avoid hot showers — use lukewarm water.
- Use ceramide-rich night creams.
- Slug with Vaseline at night to lock moisture.
- Use hydrating masks like honey + milk.
- Drink warm water all day to stay hydrated.

Recommended Products:

- Cleanser: Cetaphil Gentle Cleanser
- Moisturizer: CeraVe Moisturizing Cream / Plum Bulgarian Rose
- Oil: The Ordinary Squalane / Kama Ayurveda Almond Oil
- Sunscreen: UV Doux SPF 30+
- Lip Care: Vaseline Original

Sensitive Skin – Winter Routine

What To Do:

- Use fragrance-free, pH-balanced cleansers.
- Avoid scrubs, peels, and essential oils.
- Apply ceramide moisturizers twice daily.
- Patch test every new product.
- Use mineral sunscreen (zinc-based).
- Use aloe + Vitamin E to calm irritation.
- Keep routine minimal: Cleanser + Moisturizer + SPF.
- Drink turmeric-infused warm water for healing.

Recommended Products:

- Cleanser: Simple Refreshing Face Wash
- Moisturizer: CeraVe / Minimalist Ceramide Gel
- Sunscreen: Re'equil Mineral SPF
- Treatment: Dr. Sheth's Cica & Ceramide Serum
- Lip Care: Vaseline Sensitive Care

Combination Skin – Winter Routine

What To Do:

- Use a hydrating but non-greasy cleanser.
- Light moisturizer for T-zone, thick for cheeks.
- Use rose water as toner.
- Apply banana + yogurt mask weekly.
- Use sheet masks for hydration.
- Protect dry patches with Vaseline.
- Avoid over-cleansing oily zones.
- Use gel sunscreen on T-zone, cream sunscreen on cheeks.

Recommended Products:

- Cleanser: Simple Moisturizing Wash / Minimalist Oat Cleanser
- Moisturizer: Neutrogena Gel + Nivea Soft for cheeks
- Sunscreen: Fixderma Gel SPF
- Treatment: Plum Green Tea Toner
- Lip Care: Vaseline Cocoa Butter

Glow & Glamme

Stay glowing all winter with expert-crafted routines.