



## Winter Skin Care Tips by Best dermatologist in guntur

In order to keep you warm throughout the chilly months, your body is attempting to save heat. Less blood is supplied to the skin's outermost layer as a result of the constricted blood vessels. The skin becomes dry and pallid as a result. It turns into a vicious circle.

Have you ever observed that people who live in colder climates have darker skin?

It might be because individuals here are always outside in the sun seeking warmth, holding hot objects close to their skin, or both. It must be prevented. Yoga and exercise can aid in bringing back your skin's pink glow by causing a blood rush to your skin.

Your skin can suffer damage in cold weather, both on your face and your body. Your skin is prone to becoming dry and flaky during this season, which is bothersome.

Dr. Sneha Kovi advises us to perform a quick blood test to rule out the following medical conditions.

- See if your thyroid is underactive.
- Less blood circulation can result from anaemia.
- deficits in vitamins
- Diabetes

You could become more sensitive to cold if you take certain drugs, such as blood-thinning ones.

As we get older, our metabolism slows down, which makes us more sensitive to the cold.

The time has come for flaky eyebrows, dry, flaky skin, cracked heels, and chapped lips.

Best dermatologist in guntur Dr. Sneha Kovi offers her professional advice on how to maintain our body's largest organ healthy and hydrated throughout the chilly winter months.



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