

Layer Up Right: Winter 2025 Skincare Routine

Published on 29 Nov 2025 | By IFI Correspondent



Winter air tends to be colder and drier, which pulls moisture from your skin — leading to dryness, flakiness, tightness and dullness.

Layering skincare properly in winter helps your skin:

- Lock in hydration and prevent moisture loss
- Build a stronger skin barrier to resist cold air and dryness

Absorb and make full use of active ingredients (serums, oils) rather than letting them sit on top of the skin or get wiped off.

Step-by-Step: Correct Winter 2025 Skincare Layering Routine

Here's a simple, effective winter layering routine many skin experts recommend:

1. Gentle, Hydrating Cleanser

- Use a non-foaming, mild cleanser that removes dirt without stripping natural oils. Cold, dry air plus a harsh cleanser = moisture loss.
- Use lukewarm water — hot water dries skin further.

2. Hydrating Toner or Essence (optional but effective)

- A hydrating toner with humectants (like glycerin, rose water, or aloe) helps infuse moisture and prepare skin for deeper layers.

3. Serum (Thin-Consistency, Water-Based)

- For winter, focus on serums that hydrate and repair rather than heavy actives. Look for **hyaluronic acid**, **niacinamide**, or **vitamin C** for brightness and skin-barrier support.

4. Moisturizer / Cream (Thicker Texture)

- After serum absorbs (wait ~30–60 seconds), apply a rich moisturizer or cream. In winter, creams with **ceramides**, **shea butter**, **squalane**, **hyaluronic acid** are great.
- This layer seals in hydration and acts as a protective barrier against cold, dry air.

5. Facial Oil or Occlusive Layer (Optional, for very dry skin)

- If your skin still feels dry or you live in a very dry/ cold area, you can add a few drops of non-comedogenic facial oil (like **jojoba, rosehip, marula, safflower**). Oils help lock moisture in.
- Always apply oil *after* creams or moisturizer — never before water-based serums or creams.
- **Sunscreen (Morning Routine, Always)**
- Even in winter, UV rays can damage skin, cause pigmentation, and accelerate ageing. So don't skip sunscreen. Use a broad-spectrum SPF 30+ (or more) every morning.

6. Extras (Eye Cream, Mist, Lip Care)

- You may add a gentle **eye cream** before moisturizer or after serum.
- A **hydrating mist** during the day can refresh skin if it feels tight.
- Don't forget **lip balm** — lips get dry fast in cold weather.

Product Suggestions for Skincare Layering

- **Cetaphil Gentle Skin Cleanser** – A mild, non-stripping cleanser to start your layering routine without removing skin's natural oils.
- **The Ordinary Hyaluronic Acid 2% + B5 Serum** – Lightweight serum to attract and retain moisture deep in the skin, ideal for winter dryness.
- **Minimalist Vitamin C 10% + Zinc 1% Serum** – Add brightness and even out skin tone while still hydrating. Good for dull winter skin.
- **Neutrogena Hydro Boost Gel-Cream** – A lighter moisturizer option if you prefer non-greasy texture but still need hydration.
- **CeraVe Moisturizing Cream** – Rich, barrier-repairing cream with ceramides to lock in moisture, great for dry skin in harsh winters.
- **The Ordinary 100% Organic Cold-Pressed Rose Hip Seed Oil** – Facial oil to seal moisture and add glow; helpful on very dry skin or as night treatment.
- **La Roche-Posay Anthelios XL SPF 50+** – High-protection sunscreen to shield skin from UVA/UVB, even on cloudy winter days.
- **Bioderma Sensibio H2O Micellar Water** – Gentle cleanser or makeup remover, useful if you prefer minimal winter cleansing.

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