

## Experts Share Essential Winter Care Tips as Temperatures Dip Across India

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As winter settles across northern and central India, health and skincare experts are urging citizens to adopt essential seasonal care routines to stay healthy, hydrated and protected during the colder months.

Here are our top picks for winter care :

### Hydration and Moisturising Take Priority

Dermatologists report a spike in complaints of **dry, flaky and irritated skin** during winter. Experts recommend:

- Applying **thick, hydrating moisturisers** immediately after bathing
- Choosing products with **shea butter, ceramides, hyaluronic acid**
- Limiting long, hot showers which strip natural oils
- Using mild, non-foaming cleansers to protect skin barriers

### Boosting Immunity Through Nutrition

Nutritionists stress the importance of strengthening the immune system as temperatures fall. Suggesting :

- Increasing intake of **vitamin C-rich fruits**, such as oranges, amla and guava
- Consuming **warm herbal teas**, ginger and turmeric
- Including **seasonal vegetables**, leafy greens and nuts in daily meals
- Drinking adequate water, even if thirst reduces in winter

Warm homemade soups, jaggery, ghee in moderation, and protein-rich foods can help maintain energy levels and immunity throughout the season.

### Layer Up and Stay Warm

General physicians advise appropriate layering to avoid sudden temperature changes and prevent seasonal flu, sinus infections and joint stiffness. Recommendations include:

- Wearing **three layers**: inner cotton, insulating wool, outer windproof
- Keeping feet, ears and head covered in colder regions
- Using blankets or heaters safely to avoid dryness or overheating

### **Humidify Indoor Spaces**

As heating systems and cold winds reduce moisture in the air, experts recommend:

- Using a **humidifier** in bedrooms at night
- Keeping bowls of water in rooms as a budget alternative
- Allowing natural ventilation during the day

This helps reduce throat dryness, congestion and skin irritation.

### **Don't Neglect Sun Protection**

Even in winter, UV rays remain harmful. You are advised applying **SPF 30 or above** daily, especially during morning walks or outdoor activities.

### **Stay Active to Maintain Overall Health**

Fitness trainers emphasise the importance of daily movement to avoid winter fatigue. Simple activities such as brisk walking, yoga, indoor stretching or home workouts help improve circulation and mood.

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