

Winter Skincare Edit: Why Body Oils Are the Ultimate Fix for Dry Skin

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As temperatures dip and humidity levels fall, **dry and patchy skin** becomes one of the most common winter skincare concerns. Cold winds, hot showers and indoor heating tend to strip the skin of its natural oils, leaving it rough, flaky and uncomfortable. This is where **body oils** step in as a powerful winter essential, offering deeper nourishment than regular lotions.

Unlike lightweight moisturisers, body oils work by **sealing in hydration**, restoring the skin's lipid barrier and delivering long-lasting softness—making them ideal for the colder months.

The Rise of Body Oils in Winter Skincare

Body oils have evolved far beyond traditional massage oils. Today's formulations are **fast-absorbing, non-greasy and enriched with plant-based actives**, making them suitable for daily use. From shower oils to dry oils, these products cater to different skin needs while delivering intense hydration.

Dermatologists and skincare experts increasingly recommend body oils for winter because they mimic the skin's natural sebum, helping to repair dryness at a deeper level.

How to Use Body Oils for Maximum Benefit

To get the best results from body oils during winter:

- Apply on **slightly damp skin** to lock in moisture
- Focus on dry zones like elbows, knees and ankles
- Layer with a light body lotion if skin is extremely dry
- Use at night for deeper repair while the skin regenerates

Consistent use can significantly reduce flakiness and restore the skin's natural glow.

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