

5 Winter Skincare Steps to Achieve a Soft Peach Glow

Published on 16 Dec 2025 | By IFI Correspondent



As winter sets in, cold winds and low humidity often leave skin feeling dry, dull, and irritated. Beauty experts say the key to maintaining a healthy, radiant complexion during the colder months lies in adapting skincare routines to focus on hydration, nourishment, and gentle care. A well-balanced winter regimen can help achieve the much-desired **peach glow** — a soft, natural radiance that looks fresh and healthy even in harsh weather.

1. Start With a Gentle Cleanser

During winter, harsh cleansers can strip the skin of its natural oils, leading to tightness and flakiness. Dermatologists recommend switching to a **mild, hydrating cleanser** that cleans without disrupting the skin barrier. Cream-based or low-foam cleansers help retain moisture while removing impurities.

2. Exfoliate Sparingly but Smartly

Exfoliation remains important in winter to remove dead skin cells that cause dullness. However, over-exfoliating can damage already sensitive winter skin. Using a **gentle exfoliant once or twice a week** helps reveal brighter skin and improves product absorption without irritation.

3. Lock in Moisture With a Rich Moisturiser

Hydration is the foundation of a peachy glow. A **deeply nourishing moisturiser** enriched with ingredients like ceramides, hyaluronic acid, or shea butter helps prevent moisture loss and strengthens the skin barrier. Applying moisturiser on slightly damp skin can further enhance hydration.

4. Don't Skip Sunscreen

Despite reduced sun intensity, **UV rays remain active in winter** and can contribute to premature ageing and pigmentation. Experts advise using a **broad-spectrum sunscreen daily**, even on cloudy days, to maintain skin health and an even tone.

5. Add a Glow-Boosting Serum or Facial Oil

To enhance radiance, incorporating a **vitamin C serum, niacinamide, or a lightweight facial oil** can help nourish the skin and restore luminosity. These products add an extra layer of protection and give the skin a natural, healthy sheen associated with the peach-glow look.

A Consistent Winter Ritual

Beauty specialists emphasise that consistency is key. Along with topical care, staying hydrated, maintaining a balanced diet, and ensuring adequate sleep contribute significantly to skin health.

With the right combination of gentle cleansing, targeted hydration, and protective care, achieving a **soft peach glow** in winter is both realistic and sustainable — proving that glowing skin doesn't have to fade with the season.

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