

Ayurveda's Hidden Winter Skincare Secrets for Dewy, Healthy Skin

Published on 15 Jan 2026 | By IFI Correspondent



Cold winter air, low humidity and indoor heating can strip your skin of natural moisture, leaving it tight, dull and dehydrated. Ayurveda — the ancient Indian wellness system — offers a seasonal skin care approach designed to nourish, soothe and protect the skin from winter's harsh effects by restoring balance and hydration.

Start With Warm Abhyanga Oil Massage

A cornerstone of Ayurvedic winter skincare is **Abhyanga** — a warm oil massage that not only hydrates the skin but also improves circulation and calms the nervous system. Traditionally done with oils like **sesame, almond or coconut**, this ritual seals in moisture and prevents dryness caused by cold winds.

- **How to do it:** Heat a natural oil slightly and gently massage your face and body before bathing.
- **Benefits:** Deep nourishment, improved skin texture and a natural glow.

Gentle Cleansing and Toning With Natural Ingredients

Winter calls for cleansing that doesn't strip essential oils. Ayurveda advocates **gentle cleansers** such as milk, rose water, or aloe vera gel rather than harsh soaps that dry out the skin.

- **Rose water:** Helps balance pH, tighten pores, and boost hydration.
- **Aloe vera:** Soothes irritated, red or flaky skin while locking in moisture.

Toning with rose water or herbal toners before moisturising helps maintain suppleness and enhances absorption of nourishing oils.

Hydrating Masks and Natural Exfoliation

Ayurvedic skincare encourages natural masks tailored to winter dryness. Simple ingredients like **honey, milk, aloe vera, turmeric, and ubtan** (a mix of gram flour, turmeric, sandalwood and rose water) can

- **Hydrate deeply**
- **Soothe irritation**

- **Improve texture and luminosity**
- **Gently remove dead skin cells without over-stripping**

Mixing honey with aloe vera, or using an ubtan as a weekly scrub, can help keep skin soft and radiant even in chilly weather.

Moisturise, Protect and Hydrate from Within

Ayurveda emphasises a **holistic approach**: protecting the skin externally and nourishing it from within.

Moisturising Tips

- Apply rich moisturisers or Ayurvedic creams enriched with **sesame, almond or saffron** to lock in hydration.
- After bathing, seal moisture into slightly damp skin with oils or creams enriched with natural herbs.

Internal Hydration

- Sip warm water or **herbal teas** with **ginger, tulsi or cinnamon** throughout the day to sustain internal hydration and support skin health from the inside.
- Eating warm, nutrient-dense foods like cooked vegetables, nuts and ghee supports overall skin nourishment during winter

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