

Winter Skin Essentials ❄️

Cold air, central heating and frequent hand washing can seriously compromise the skin barrier. When skin becomes dry, cracked or reactive, the priority is **repair, protection and simplicity**.

This guide shares my go-to winter skin products – especially when the skin barrier is compromised and everything else stings, burns or just doesn't work.

When the Skin Barrier Is Struggling

Signs your barrier needs support:

- **Tightness or discomfort**
- **Redness or sensitivity**
- **Stinging when applying products**
- **Cracks, flaking or soreness (especially hands and lips)**

In these moments, less is more. These products focus on **barrier repair, soothing and occlusion**.

Gentle Cleansers (When Skin Is Reactive)

When the skin barrier is compromised, cleansing should **never** feel tight, squeaky or stripping. These options cleanse while respecting and supporting the barrier.

Medik8 Gentle Cleanse

A reliable option for sensitive or winter-stressed skin.

- **Non-foaming and soothing**
- **Maintains skin comfort**
- **Ideal for daily use when skin feels tight or reactive**

La Roche-Posay Toleriane Dermo-Cleanser (Cream Cleanser)

Excellent for highly sensitive or intolerant skin.

- **Minimal-ingredient formula**
- **No rinsing required (if preferred)**
- **Very low irritation risk**

Perfect during flare-ups or post-treatment.

Medik8 Calmwise Cleanse

Designed specifically for redness-prone and sensitised skin.

- **Helps calm visible redness**
- **Strengthens the skin barrier**
- **Ideal for skins prone to flushing or irritation**

Barrier-Repair Heroes

La Roche-Posay Cicaplast Baume B5+

A staple for compromised skin.

- **Supports barrier repair**
- **Helps calm irritation and redness**
- **Suitable post-treatment or during flare-ups**

Ideal for face, body and even small compromised areas.

Avène Cicalfate Restorative Protective Cream

A classic for reactive or sensitised skin.

- **Very soothing**
- **Minimal irritation risk**
- **Excellent after procedures or during eczema-prone periods**

Perfect when skin feels fragile and reactive.

Eucerin UreaRepair PLUS 10% Urea

Best for **very dry, rough or flaky skin** (body and hands).

- **Intensely hydrating**
- **Helps soften thickened, dry skin**
- **Strengthens the skin barrier**

Note: Not suitable for broken skin, but excellent once cracks begin to heal.

Vaseline (Petroleum Jelly)

A supportive winter staple for compromised skin.

- **Helps lock in moisture**
- **Protects compromised or irritated skin**
- **Particularly helpful for lips and areas prone to cracking**

Used as a **final occlusive layer**, especially overnight, to support the skin barrier.

(Petrolatum is not a moisturiser and does not hydrate the skin on its own. Its role is as an occlusive, meaning it helps seal in existing moisture and reduce transepidermal water loss.)

For **compromised, itchy or irritated winter skin**, petrolatum can be helpful **in the short term** to support comfort while the skin barrier recovers. This is particularly useful when the skin feels tight, sore, or prone to itching due to barrier disruption.

Professional Skincare Support

Medik8 Ultimate Recovery Intense

Designed for post-treatment or sensitised skin.

- **Deeply soothing**
- **Strengthens the skin barrier**
- **Richer texture for compromised or very dry skin**

This is the Medik8 cream I reach for when the barrier needs serious support. Designed for post-treatment or sensitised skin.

- **Deeply soothing**
- **Strengthens the skin barrier**
- **Ideal after peels, microneedling or when skin feels overwhelmed**

Medik8 Hydr8 B5+ Intense

A hydration essential for winter.

- **Multi-weight hyaluronic acid**
- **Vitamin B5 for barrier support**
- **Lightweight yet deeply hydrating**

Great under barrier creams to boost hydration without irritation.

The OG Winter Essential ❤️

O’Keeffe’s Working Hands

My absolute favourite and non-negotiable in winter.

- **Transforms dry, cracked, painful hands**
- **Restores comfort fast**
- **No stinging or burning**

If you struggle with sore, splitting hands – this is the one. A true lifesaver.

Final Thoughts

When skin is compromised, **gentle, proven formulations win every time**. Focus on repairing the barrier first – actives can wait.

If you're unsure which products are right for your skin this winter, professional guidance can make all the difference.

—

Created by The Skin & Sound Studio