



Next, **Sunita Passi of Tri-Dosha** explains how to achieve inner and outer wellbeing in winter – the Ayurvedic way ...

During the winter months, the combination of harsh weather outdoors and moisture-zapping central heat indoors means your skin and body need extra TLC to keep it beautifully balanced and hydrated. According to ayurveda, there are three skincare types or 'Doshas'. Follow these top skincare tips for Vata, Pitta, and Kapha types. As a general guide to your Ayurvedic skin type, complete this short [Ayurvedic Skin Type Questionnaire](#). If you are unsure, seek advice from a Tri-Dosha therapist or Ayurvedic therapist listed with the [Ayurvedic Practitioners Association](#).

#### **Vata**

As skin matures, it grows less able to protect itself from moisture loss due to its natural dryness. Subsequently Vata constitutions are more susceptible to sore chapped lips and dreaded wrinkled skin. Psychologically, worry, stress, and fear are heightened, so reach for formulas to help calm and relax.

**Skincare tips:** In the daytime use a lotion containing sunscreen, then switch to an oil at night to infuse extra moisture as you sleep. This will seep nicely into your tissues and help eliminate 'crackly' skin and prevent fine lines on your face. Use a balm for cracked lips.

#### **Pitta**

Hello you sensitive souls. In winter, Pitta skin types tend to feel tighter leading to itchiness or allergic reactions, rosacea or broken capillaries. At worst, skin may become painful, blotchy, and red, which can have an effect on psychological conditions, causing frustration as adrenaline is released.

**Skincare tips:** Protecting Pitta faces isn't just about looking good. Not only does it help skin to perform its crucial barrier functions – protecting against water loss and preventing penetration of infectious agents and allergens – it can be crucial to overall wellbeing. With Pitta skin, it's very important to pick a Pitta cream to say goodbye to flakiness and even eczema.

#### **Kapha**

Sometimes dry, sometimes oily ... In winter, Kapha types may feel these problems are exacerbated further. How frustrating it is to treat one area only to have the other flare up! You may notice an oily 'T-zone' or have oil centralised just on your chin or forehead. Or dry patches on the cheeks and around the nose. Oily skin types can also experience lethargy in the winter months, negativity or even depression, which can generate excess production of sebaceous secretions and increasing oily conditions.

**Skincare tips:** This winter you can have beautiful combination skin just by making a few tweaks to your existing skin care regimen. First you need to get a good read of your skin. Sorry combination gals, cold weather will make those dry patches drier and if your skin spends a lot of time under lots of make-up or layers of scarves and clothing, your oily patches may get oilier. The key to a well-balanced face is to cleanse regularly with the right cleanser. Combination skin should be washed with cleansers that have a pH balance of 7 or less. Finish off your winter skin care with an oil-free moisturiser to keep thirsty dry areas satisfied without making oiliness flare up.

#### **An extra tip ... for all**

Your skin is a barometer of your health. We're all striving for optimum health and beauty – on the inside and out. According to research, meditation can help delay the process of ageing, leaving you looking and feeling years younger. Meditation appears to affect telomerase – an enzyme related to the age deterioration gene – by changing meditators' psychological states.

Three factors in particular predicted higher telomerase activity:

- \* increased sense of control (over circumstances or daily life);
- \* increased sense of purpose in life;
- \* lower neuroticism (being tense, moody and anxious).

The more these improved, the greater the effect on the meditators' telomerase. Subjects with an average chronological age of 50 years, who have been practicing meditation for over five years, have a biological age 12 years younger than their chronological age. That means a 55-year-old meditator has the physiology of a 43-year-old ...

**Learn more at Sunita's [Tri-Dosha website](#), and you can also follow her on [Twitter](#).**