

*the  
barn*



## THE BARN WINTER SKINCARE GUIDE

Your essential guide to glowing,  
hydrated, healthy skin this winter.

Winter can be harsh on the skin  
— cold winds, indoor heating,  
reduced humidity, and seasonal  
stress can all leave your  
complexion dry, dull, and  
irritated.

But with the right products and  
a simple routine, you can keep  
your skin radiant through the  
colder months.

This is your step-by-step winter  
routine, personalised with our  
clinic-approved skincare  
favourites.

# 1. Strengthen Your Skin Barrier

*Cold weather weakens your barrier, leading to dryness, redness, and sensitivity.*

*This is the season to choose gentle, hydrating cleansers and nourishing creams.*

Recommended Products:

**Environ Hydrating Clay Masque**

*– soothes, softens, deeply restores hydration*

[See Product Details](#)

**Environ Super Moisturiser**

*– your winter protection shield*

[See Product Details](#)

## **2. Boost Hydration From Within**

*Your skin needs more water-binding ingredients during winter.*

Look for:

Hyaluronic Acid (plumps and hydrates)

Ceramides (repairs the barrier)

Peptides (strengthens & rejuvenates)

Recommended Products:

**Environ HA Intensive Hydrating Serum** –  
*winter hydration hero*

[Get Yours Today](#)

**Environ Vita-Peptide Eye Gel** –  
*perfect for winter dryness around the eyes*

[Get Yours Today](#)

### 3. Don't Forget Vitamin A

*Vitamin A is essential year-round to keep skin strong, bright, and healthy — but winter is the perfect time to slowly step up.*

Recommended Products:

Environ AVST Moisturiser (your current level)

[Shop AVST 1](#)

[Shop AVST 2](#)

[Shop AVST 3](#)

[Shop AVST 4](#)

[Shop AVST 5](#)

## 4. Protect During the Day (Yes, Even in Winter!)

*SPF is still essential. UV and blue light damage happens all year long — even on cloudy days.*

Recommended Product:

*Heliocare SPF 50*

*Check it out here*

## 5. Add a Radiance-Boosting Treatment

*Winter is skin treatment season. Cooler weather means less sun exposure — perfect for deeper, results-driven treatments.*

Perfect Winter Treatments at The Barn:

**SkinPen Microneedling –**  
*for glow, texture, fine lines*

**Hydrafacial –**  
*hydration + instant radiance*

**Environ Cool Peel –**  
*gentle resurfacing for brighter, smoother skin*

**LED Phototherapy –**  
*boosts healing, calms redness, hydrates*

[Book Skin treatments here](#)

## 6. Weekly “Winter Glow” Extras

Add 1–2 treatments per week to maintain your glow:

Hydrating masks  
Gentle exfoliation  
LED light sessions  
Overnight moisture treatments

Recommended Products:

**Environ Revival Masque**

[Learn more](#)

**LED Mask**

[Check it out](#)

# Your Personal Winter Skin Plan

*If you're unsure where to start, we're here to help.*

Book a skin consultation and we'll personalise your winter routine to suit your skin goals.

[Book my consultation now](#)

*the  
barn*