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iVillage > Beauty & Style > Skin & Body

12 Steps to Winterize Your Skin



5 of 14

Exfoliate

Of course, all the moisturizer in the world won't help you if you're slathering it onto dead skin, says Victoria Nash, skincare expert and founder of Esente, a skincare product line. In other words, you should add exfoliation into your beauty and cleansing routine. "Exfoliation is a must for keeping skin replenished, especially during the winter months," she says. "Gently exfoliate with products that integrate a physical exfoliation such as a gentle scrub, or a retinol-based product that will not only increase cellular turnover, but help to lessen lines and wrinkles, refine pore size, improve skin texture and reveal healthy skin tissue."

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