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# The Best Winter Skincare Routine for Men, According to a Medical Therapist

BY ART MUKHARI | JUN 20, 2025 | GROOMING



When the temperatures drop, your skin can take a serious hit. For many men, winter brings dry patches, increased sensitivity and flare-ups of underlying skin conditions like eczema or rosacea. But it doesn't have to be that way.

"Most men only start paying attention when their skin becomes uncomfortable," says Yolanda Mnisi, a medical therapist at [Skin Renewal](#). "Winter is actually the most

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important time to protect your skin barrier. Prevention is always better than correction.”

Here’s what you need to know to keep your skin healthy and strong during the colder months.

**Hits Harder  
Than You  
Think—  
Especially  
for Men**

## Why Your Skin Suffers in Winter

Winter weather strips the skin of its natural moisture. Cold air, low humidity and indoor heating create the perfect storm for dry, flaky skin. Add daily shaving or intense outdoor training to the mix and your skin has even less of a chance.

“Men often don’t realise that their grooming habits contribute to dryness,” says Mnisi. “Even things like hot showers or skipping moisturiser after a shave can lead to irritation.”

## What Your Skin Needs Right Now



MH Digital Editor, Arthur Mukhari doing his treatment with Yolanda Mnisi, the Medical Therapist

To fight back against dryness and irritation, focus on products with hydrating and barrier-repairing ingredients. Mnisi recommends looking for:

- **Hyaluronic acid** for deep hydration
- **Ceramides** to strengthen your skin barrier
- **Niacinamide** to calm inflammation and brighten skin tone

Avoid harsh scrubs and astringents. These can make your skin feel tight and uncomfortable, stripping away the very oils that keep it protected.

**READ MORE: [Tried & Tested: The HydraTouch Facial Experience at Skin Renewal](#)**

And yes, you still need SPF in winter. “UV damage happens all year round,” says Mnisi. “Even on cloudy days, sunscreen is non-negotiable.”

## The Simple 3-Step Routine You Need

A consistent skincare routine can make a huge difference. Here’s Mnisi’s recommended plan:

1. **Gentle cleanser** – something that removes dirt without drying you out
2. **Rich moisturiser** – preferably with ceramides or peptides
3. **Broad-spectrum SPF** – every morning, even if you’re indoors most of the day

She adds, “Think of it like your gym routine. The more consistent you are, the better your long-term results.”

## Avoid These Common Skincare Mistakes

According to Mnisi, the biggest skincare mistakes men make in winter include:

- Over-exfoliating
- Using the wrong products for their skin type
- Forgetting to moisturise
- Skipping sunscreen

“Education is key,” she says. “Once men understand what their skin needs, the results come quickly.”

## Active Lifestyle? Don't Neglect Your Skin

If you spend a lot of time outdoors or training, your skin needs extra protection. Sweat, sun exposure and environmental stressors can all take a toll.

**READ MORE: [Why More Men Are Taking Skincare Seriously](#)**

“Moisturise before and after activity,” advises Mnisi. “And always cleanse your face after sweating to prevent clogged pores and irritation.”

## When to See a Pro

If your skin is constantly dry, red or breaking out, it might be time to consult an expert.

“A lot of our male clients are surprised by how effective a tailored treatment plan can be,” says Mnisi. “Once we get the basics right, we start working on long-term goals like improving texture or tackling pigmentation.”

## What It's Like to Get Professional Skin Treatments

To put these tips to the test, our digital editor Arthur Mukhari booked a series of professional treatments with the Skin Renewal team. The goal? To tackle dryness, uneven tone and redness through a five-treatment protocol designed by Mnisi and her team.



Arthur with Dr Trent from Skin Renewal

Here's what the journey looked like:

- **Treatment 1: Azelaic Peel + Laser Genesis (10000 shots)**

This combo targets inflammation and redness while boosting collagen and refining texture.

- **Treatment 2: Microneedling + Laser Genesis (5000 shots)**

A powerful duo to smooth out fine lines and improve skin tone.

- **Treatment 3: Beta Lite Peel + Pico Toning + MelanoOut Serum**

This addresses pigmentation and acne scars with gentle exfoliation and targeted laser.

- **Treatment 4: Radiance Peel + MPM3 + Laser Genesis (10000 shots)**

Brightens the skin and promotes cellular renewal using a proprietary retinol complex.

- **Treatment 5: Azelaic Peel + Pico Fractional (6000 shots) + MelanoOut Serum**

Reduces dark spots and boosts collagen with minimal downtime.

The treatments were spaced out to allow for recovery and monitored closely by the clinic's team. Each session was followed up with at-home care that included SPF, gentle cleansers and active serums.

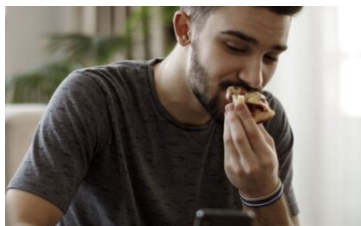
**READ MORE: [Here's Why You Need To Start Using Retinol, According to Dermatologists](#)**

The verdict? After five sessions, skin texture was noticeably smoother, redness reduced and pigmentation visibly lighter. It's a reminder that investing in professional skin care is not just about vanity – it's about feeling more confident in your own skin.

## The Bottom Line

Winter is not the time to neglect your skin. With the right routine, ingredients and support, you can protect your skin from harsh conditions and keep it looking fresh year-round. “Skincare shouldn’t be intimidating,” says Mnisi. “With a few small changes, any man can have healthy skin. And trust me, it shows.”

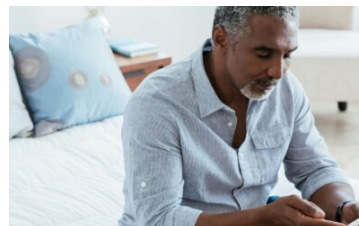
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