

## 7 Spring Skin Care Changes You Should Make To Your Routine



By ZOE WEINER

8 days ago

It's official: Spring has *sprung*, which means skirts with no tights, shoes that aren't boots, and way less pressure to blow dry your hair every time you leave the house. But should you have a new [skin care routine for spring](#), too?

We all know that winter skin requires a certain level of care, including heavy moisturizer and *lots* of hydration (damn you, dryness). But when the weather shifts from "cold and dry" to "humid and moist" it's important that your products, and the way you use them, make a shift too. "In spring, your natural oils are coming back to balance after the dry winter," [Shara Strand of Shara Makeup Studio in the Pierre Hotel and owner of Shara Cosmetics](#) says in an e-mail interview. "I am a firm believer that skin changes over time, every day. You really need to take a good look at your skin at night and see what it needs that season."

So basically, you now have an excuse to swap out all of your winter products for brand new spring ones. To help you figure out what to "Add To Cart," here are Strand's tips for updating your skincare routine for Spring.

## 1. Add An Exfoliator



Amazon

[Kate Somerville ExfoliKate Intensive Exfoliating Treatment](#), \$85, [Amazon](#)

Let's face it: Winter weather does not exactly make for the glowiest-looking skin, but it's a quick fix once spring rolls around. "During the winter months, exfoliating too often can strip moisture from your skin and leaves it looking irritated and dry," says Strand. "That said, using a [gentle exfoliating scrub](#) a few times a week will leave your skin looking smooth and radiant." She suggests [Shara's Exfoliating Enzyme Scrub](#) from her line of cosmetics, which has exfoliating beads that gently uncover fresh new layers of skin and improve the texture of your skin.

[Shara Exfoliating Enzyme Scrub](#), \$28, [Makeup By Shara](#)

## 2. Don't Forget SPF



[CeraVe Skin Renewing Day Cream SPF 30](#), \$23, [Target](#)

The sun is shining and birds are chirping (or at least, will be soon) so SPF is even more important now than it was last month. "We have been told time and time again that you must always wear at least 30 SPF even when you see no sun," says Strand. "Protecting your skin from the sun's rays, is crucial for maintaining skin health." Apply [SPF 30 moisturizer](#) under your makeup, which will help protect you from the sun and hold your foundation on for longer, too.

### 3. Drink More Water



[Bando Glitter Bomb Water Bottle, \\$23, Amazon](#)

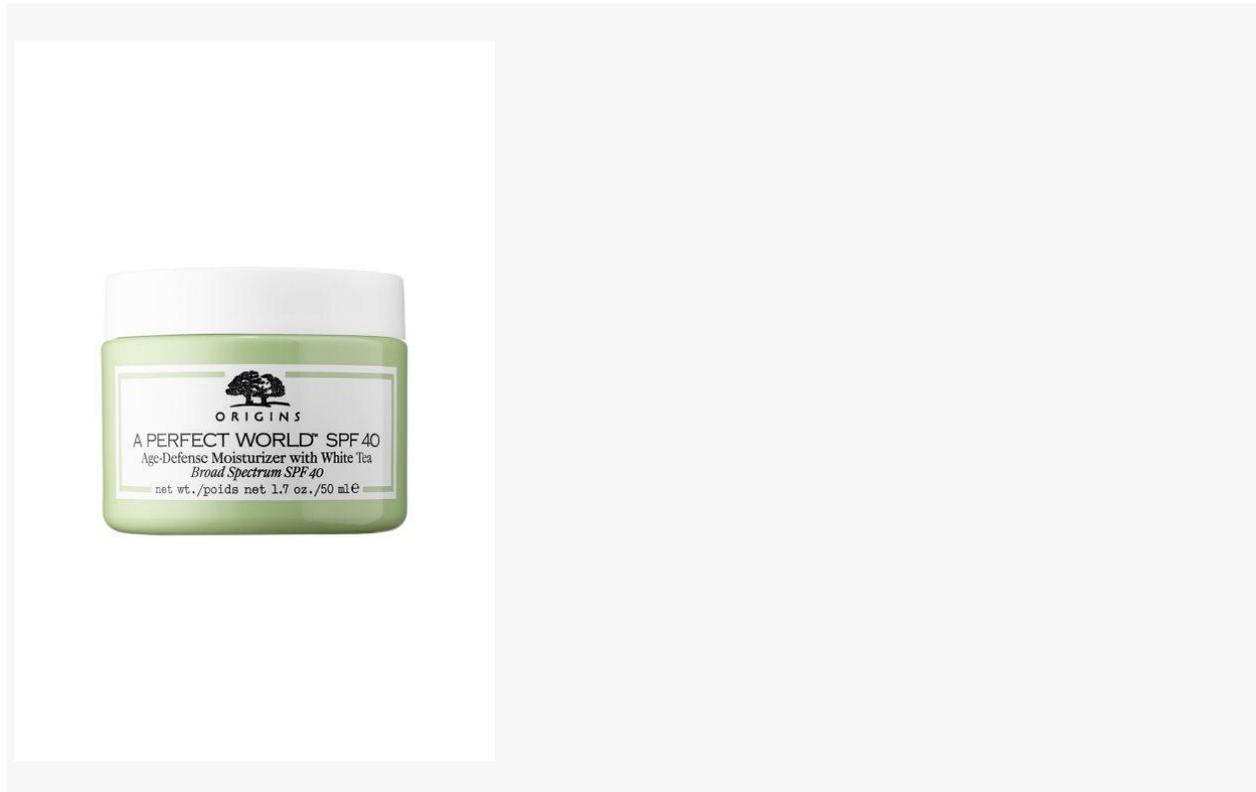
As it turns out, [hydration](#) is just as important for your skin in the spring as it is in the winter. "Spring is a time for rejuvenation, so get rid of all those nasty toxins with WATER, WATER, WATER!" says Strand, who recommends gulping down eight glasses every day. Hydration= glowing spring skin.

### 4. [Add An Eye Cream](#)

[Peptoxyl Eye Treatment, \\$30, Makeup By Shara](#)

"[Eye cream](#)" may sound like something you don't need until you're older, but it's smart to start using it now as an investment in your future skin. "The skin around your eye is incredibly thin so using an eye cream will decrease puffiness and potential wrinkles," says Strand. "Our Peptide Eye Cream is perfect day and night because it gives the hydration the skin under the eye needs, while not creating too much oil to remove makeup on top. Peptides are like little water buckets that help hydrate the eye."

## 5. [Adjust Your Moisturizer](#)



[Origins A Perfect World SPF 40 Age-Defense Moisturizer](#), \$44, [Sephora](#)

Spring weather means humidity and rain, which can leave you with slick, greasy looking skin. Strand suggests opting for a [lighter moisturizer](#) than the one you were probably using in the winter, ideally one that's oil-free and includes SPF-30.

## 6. [Use Natural Makeup](#)



[Ilia Vivid Foundation](#), \$45, [Amazon](#)

[Your choice of makeup is just as important](#) for your skin health as your choice of skincare products. "Always make sure you are using healthy makeup, like mineral makeup without parabens and mineral oil," says Strand. And of course — don't forget to take it off at night!

## 7. Go Get A Facial

If you were waiting for an excuse to treat yourself to a professional facial, here it is: You need one. "Make sure to have a spring seasonal facial so a professional can get your PH level back," says Strand. Check out [Skin Laundry](#), which is basically "the DryBar of facials," for an affordable option.