



This Is How You Update Your Skincare Regimen For Fall, According To A Dermatologist

Author: Heather Circhowski

Date: October 5th, 2016

URL: <http://www.thegloss.com/beauty/how-to-transition-your-skincare-regimen-from-summer-to-fall/>

When the fall comes, we cannot wait to update our wardrobes for the new season. You might also switch up your hair color for autumn too. One area you should also be updating is your beauty routine. We're not just talking about switching from your bright summer glosses to your dark vampy lip colors. We're talking about tweaking your skincare regimen to suit the colder weather. What your skin needed in the summer isn't what it needs in the fall. To help you keep your complexion looking its best, we spoke with Dr. Debbie Palmer, board-certified dermatologist and founder of Replere, about how to switch up your routine.

(Related: Move Over Palettes, NYX Cosmetics Is Launching An Affordable Eyeshadow Vault)

Dr. Palmer states that most skin types become drier and more sensitive as we go from summer to fall thanks to cooler temperatures, less humidity and brisk autumnal winds. If you're not moisturizing your complexion, you need to. Dr. Palmer suggests that if you have sensitive skin, you can use a non-comedogenic, oil-free moisturizer.

The big question many people have is when to update their routines. As with your wardrobe transition, there is no specific date you should do it. Instead, Dr. Palmer says to update your skincare regimen as soon as you turn your heat on again, or once you start wearing all your cozy fall coats and sweaters.

(Related: [La Mer Makeup Is Here, So Add Everything To Your Wishlist ASAP](#))

The biggest mistakes you can do when transitioning your skincare routine are not using moisturizing and ditching your sunscreen, according to Dr. Palmer. It may not be summer anymore, but you still need protection. Sun damage can happen at any time of the year so remember to use your sunscreen every day and to reapply it.

The bottom line is that your skincare routine doesn't need an entire overhaul. You just need to do a couple simple tweaks to keep your complexion looking its best.