

ROSE INC.



It's fall—but does your skin know that?

There are a few things that we know we can rely on when we roll into autumn: It's officially leather weather, it's perfectly acceptable to subsist on a diet of pumpkin-infused foods, and our unsuspecting skin is going to have a massive meltdown. Something about the cooler temperatures always sets off our complexion panic buttons. And no, it's not a figment of your hot cocoa-fueled imagination.

While your first instinct might be to switch over your regular routine the minute the temperature dips below 60 degrees, it turns out you actually want to hold a beat before you start pulling out those heavy duty hydrators. "[The early fall months] can fluctuate," says Dr. Paul Jarrod Frank, cosmetic dermatologist and founder of [PFrankMD](#). "Changing products is a good idea in the fall, but not while [the weather is] in transition—skin is adjusting to the change and can get irritated. It's best to wait until the season fully changes over."

MOISTURE, MOISTURE, MOISTURE

Unlike winter, when you're fighting against extreme temperature drops, "it's the loss of humidity which can make skin more dry," explains Dr. Frank. To combat this, you'll want to moisturize in the morning and evening. "This is the time where we must rehydrate our skin barrier by nourishing it with a richer moisturizing cream," Louise advises. In the morning, she suggests a hyaluronic acid like her [Hydra Repair Elixir](#), while in the evening you'll want a lipid-rich cream with omegas 3 and 6. Try [Lavido Ultra Daily Moisture Cream](#).

SMALL CHANGES, BIG REWARDS

While it might seem like you need to completely overhaul your complexion regimen, the reality is you only need to make a few tweaks. "If you are in love with your products and don't want to switch them out, you can add drops of your favorite product to a new one," says Louise. "Your skin needs extra vitamins and nourishment as the weather turns cool and dry, so a light moisturizer won't be effective on its own." Conversely, Dr. Frank notes that you can keep your lightweight lotion if you mix in more moisture. "A rose oil is a great addition to existing skin care," he says "It's a natural inflammatory and antioxidant and gives a moisture boost." Try [Olie Biologique x Melissa Meyers RoseGlow Drops](#) or [Acure The Essentials Rosehip Oil](#).