

Why autumn is bad for your health



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The change of season is hard to miss, but you may be less aware of the changes to your body as the weather cools

Skin

A lack of humidity in the air outside can play havoc with the skin, often causing excessive dryness. Weather fluctuations can also trigger breakouts of rosacea, and some acne sufferers complain of more breakouts. “As the weather gets colder, a lot of people find they have more patches of itchy, red skin,” says Margaret Cox, chief executive of the National Eczema Society. Less exposure to UV rays means psoriasis symptoms tend to be worse during autumn, too.

What you can do

To balance general dry skin, try de Mamiel autumn facial oil (£58; demamiel.com), which contains essential oils said to aid regeneration. Cox advises easing psoriasis and eczema symptoms by moisturising regularly. “A good emollient such as E45 is OK for light problems, but stronger ointments or gels available on prescription will be necessary as the weather worsens,” she says.