

Say hello to sweater season: These are the 4 fail-safe tips to prep your skin for autumn

By Fiona Embleton
September 29, 2022



Danish model Mona Tougaard backstage at JW Anderson's spring/summer '24 show. Photo: Go Runway

Even with the best intentions, skin can be left feel dry after the summer months. Here's how to replace lost moisture in time for the cold snap



All products featured on Vogue are independently selected by our editors. However, when you buy something through our retail links, we may earn an affiliate commission.

After endless weeks of rosé and sunbathing, autumn arrives and you realise that taking a haphazard approach to skincare on those balmy days may not have hit the spot. Shifts in humidity, air conditioning and sand-buffed limbs may have left your skin more parched than normal. Here's how to take on a hydration-first beauty routine before the chill sets in.

Exfoliate twice a week

If you were leaning on self-tan for caramel-dipped limbs during the summer, you're probably experiencing a more patchy finish now. "Self-tan loves to cling to dead skin cells so it's important to remove them," says Michaela Bolder, St Tropez's tanning expert. If you want to continue self-tanning throughout winter, she has this advice: "Exfoliate 24 hours before you apply your tan so that the colour lays smoothly and evenly. Pay special attention to your elbows, knees and ankles, and choose a formula that contains hyaluronic acid."