



WINTER HEALTH

MADE SIMPLE

HOW TO TAKE CARE OF YOUR SKIN,
HAIR & BODY NATURALLY

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INTRODUCTION

Winter is a season that many of us eagerly welcome for its calm weather and cozy comfort. Layered clothing, warm meals, and slow, quiet mornings give winter its unique comfort. However, along with this comfort, winter also brings dryness, dull skin, hair concerns, and body discomfort. You may notice your skin feeling tight, lips cracking easily, hair becoming rough, or your body feeling tired and stiff.

These changes are common during colder months, but they should not be ignored. When seasonal care is neglected, small problems can turn into long-term concerns like excessive dryness, itching, hair fall, & uneven skin texture.

Winter affects not just the outer body but also our inner balance. Reduced sunlight, colder mornings, and heavier clothing can make us feel sluggish and less active. Many people unknowingly skip regular self-care during this season, assuming dryness and discomfort are normal. However, when ignored, these signs can slowly impact overall health and well-being.



This e-book is created to help you understand winter care in a simple and practical way. With the right daily habits and mindful self-care, you can protect your skin, hair, and body and enjoy winters comfortably.



CHAPTER 1

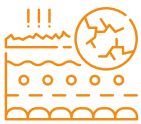
WHY WINTER CARE IS IMPORTANT

Cold weather reduces moisture in the air, which leads to dehydration of the skin and scalp. Indoor heating further worsens dryness. Blood circulation also slows down slightly, which can make skin look dull and hair weaker at the roots.



Another common issue during winter is reduced skin breathing due to layered clothing. Sweat, dirt, and bacteria can get trapped, leading to itching, unpleasant odour, & skin irritation. Proper cleansing becomes essential to maintain skin hygiene while still protecting natural moisture.

Common winter concerns include:



Dry and itchy skin



Cracked lips and heels



Rough, frizzy hair



Increased hair fall



Body stiffness and fatigue



Sweat odour due to layered clothing

Winter care focuses on restoring moisture, maintaining hygiene, and supporting the body's natural balance.

CHAPTER 2

SIMPLE WINTER SKIN CARE ROUTINE

During winter, some people experience itching, rashes, or irritation. This often happens due to dryness, sweat trapped under warm clothing, or lack of proper cleansing.

Healthy winter skin needs gentle care and regular nourishment.



Cleanse Gently

Stay away from strong soaps & cleansers that remove the skin's natural moisture. Use mild cleansers & wash with lukewarm water instead of hot water to prevent dryness.

Bathing habits also influence skin health during winter. Long hot showers may feel comforting but can weaken the skin's natural barrier. Short baths with lukewarm water help retain moisture and prevent irritation.

Moisturise Daily

Apply moisturiser immediately after bathing, while the skin is slightly damp. This helps lock in moisture and keeps the skin soft for longer.

Post-bath nourishment is equally important. Applying moisturising products consistently supports skin repair and keeps dryness under control throughout the day.





Special Care for Lips and Hands

Lips and hands are more exposed and need extra attention. Regular use of nourishing products helps prevent cracks and dryness.

Do Not Skip Sun Protection

Even in winter, sunlight can damage the skin. Daily sun protection helps maintain even skin tone and prevents premature ageing.



With regular care, most winter skin problems can be easily managed.

CHAPTER 3

SIMPLE WINTER HAIR CARE ROUTINE

Winter hair problems are often caused by dry scalp, weak roots, and reduced nourishment. Hair tends to become dry and lifeless during winter because the scalp loses moisture and hair strands become weak.

Cold weather can reduce scalp circulation, making hair roots weaker over time. This often results in increased hair fall and slower hair growth. Regular scalp care during winter helps maintain nourishment and supports hair strength from the roots.



Oil Your Hair Regularly

Regular oiling gently feeds the scalp, boosts blood flow, and supports hair roots from within.

Reduce Hair Washing

Overwashing removes natural oils from the scalp. Wash your hair only when needed and always use a conditioner after shampooing.



Protect Hair from Cold Air

Cover your hair when stepping out, but avoid tight caps that cause friction and hair breakage.

Avoid Excessive Heat Styling

Straighteners and blow dryers increase dryness. Allow hair to dry naturally whenever possible.



CHAPTER 4

COMPLETE BODY CARE DURING WINTERS

Winter care is not limited to skin and hair. Your entire body needs support.

Winter also impacts digestion and metabolism. Reduced movement and heavier meals can make digestion sluggish, leading to discomfort and low energy levels. Supporting digestive balance helps improve nutrient absorption, which directly reflects on skin clarity, hair strength, and overall vitality.



Stay Hydrated

People often drink less water in winter, but hydration is equally important. Warm water and herbal drinks can help maintain fluid balance.



Eat Nourishing Foods

Add seasonal produce, fresh fruits, nuts, seeds, and good fats to your meals for better nourishment. These support skin health and overall energy.



Stay Active

Light exercise, stretching, or yoga helps improve circulation & reduces body stiffness.



Prioritise Sleep

Good sleep allows the body to repair dry skin and tired muscles naturally.

Winter care does not require complicated routines or multiple products. Simple, consistent habits and natural formulations can make a noticeable difference. When care is gentle and regular, the body responds better and stays balanced through seasonal changes.

CONCLUSION:

Winter does not have to mean dry skin, weak hair, or constant discomfort. With mindful daily habits and the right care products, you can enjoy healthy skin, strong hair, & overall comfort throughout the season.

At Fobba Pancha Gavya Pharmacy, we believe winter care should be gentle, effective, and easy to maintain.

Each product is thoughtfully created using Ayurvedic and Pancha Gavya principles to support daily winter care in a gentle, natural, and effective way.



Gavya Snana Cake helps control bad sweat odour, skin itching, and irritation while keeping the skin clean, fresh, and healthy during winter.



Gokomalam deeply nourishes dry lips, cracked heels, and rough skin, offering protection and repair during cold weather.



Golahari Face Pack supports brighter- looking skin by helping reduce pimples, sunburn effects, dark circles, & wrinkle marks.



Keshakashi Hair Oil nourishes the scalp and hair, making hair stronger, smoother, thicker, and healthier with regular use.

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Together, these products support winter care for skin and hair, along with specially formulated solutions for body comfort & seasonal wellness, offering a simple, natural, & well-balanced approach throughout the season.

Take the first step towards simple & effective winter care.



STAY WARM. STAY NOURISHED. STAY HEALTHY.

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