

Is it still warm to wear in winter?

This is a recipe provided by experts, keeping it warm with this formula and keeping the neck, head, arms and legs warm, we can survive under the snow.

Recently, people in the northern provinces have clearly felt the coldness of the early winter days. And in these days, the biggest priority for most of us is to keep our bodies moist. Many people often think that to keep the body moist, wear as much as possible, so it can avoid the chilling wind. However, this is not entirely true. To keep the body warm, there must be a recipe, and in the next few days you should wear the following formula: a soft, gentle inner layer; the middle layer keeps the heat and the outer layer is wind resistant. This is a recipe provided by experts, keeping it warm with this formula and keeping the neck, head, arms and legs warm, we can survive under the snow.

1. 8 simple ways to put a scarf to keep your body warm in winter

First class: lining



In fact, in the winter many people often choose thick bras because they think that can keep their body warm. In fact, the thick layer of underwear does not necessarily help the body to be warmer, but it also makes the wearer feel uncomfortable and prickle on the body, not comfortable.

Moreover, winter air is often very dry, making the skin more sensitive. Therefore, it is recommended to choose soft underwear, which does not contain fabric material that causes irritation.

So, in this weather, experts recommend that we choose soft, thin undergarments made of cotton to help absorb sweat well, and keep the body warm.

Second class: Sweater



Outside the lining will come to the sweater layer, this will be a layer of duty to keep the body warm, without direct contact with the skin.

For the style of this coat, it is recommended to choose clothes that are wide or moderately elastic. Do not choose clothes too tight, because it does not help keep warm as well as affect the ability to adjust body temperature in the body.

Clothing is too large is not good, because if it is too large, it will be easy to cause drafts, cold air will enter and lead to heat dissipation, affecting warm keeping.

For older people and people with weak health, aside from the upper layer of clothing, wear an extra gile sweater.

Third class: Jacket



Once you have a protective layer of body and enough to warm your body, you just need to choose an extra coat to protect the wind from entering your body. Choose coats made of fabric and inner lining. Because the fabric of the shirt will be used to protect the wind, the inner lining will affect the ability to retain heat.

Normally, the fiber bonding of materials for making feather coats, life jackets and coats is relatively thick, so the ability to resist wind is very good. However, the lining of the gown is not thick so the ability to keep warm is less.

Conventional gowns are made from materials including wool and other natural fibers such as polyester, rayon and other blends of synthetic fibers, thin lining, weak heat-retention performance.

Above is how to keep your body warm in the cold winter with only 3 coats. You can confidently wear the fashion clothes you like, without worrying about being cold based on this scientific scheme. Hopefully, this information will be useful for you to face the coming winter.

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