

Tips for Dry Skin (Do's and Don'ts)



Are you spending prolonged hours below your air conditioner in an office or at home?

Are you noticing your skin suddenly gets dull dark and lack lustre?

Are you worries with the sudden change in your skin with this dry climate?

Don't be fooled by all of the advertising and hype surrounding popular and mass marketed skin care products.

All dry skin has a damaged skin barrier. Once your skin barrier is damaged:

- Skin moisture is constantly lost (called transepidermal water loss)*
- Exposure to harsh soaps, solvents, and chemicals continues to dissolve skin lipids*
- Harsh weather pulls water out of damaged skin*

Dry skin gets worse and worse until you intervene.



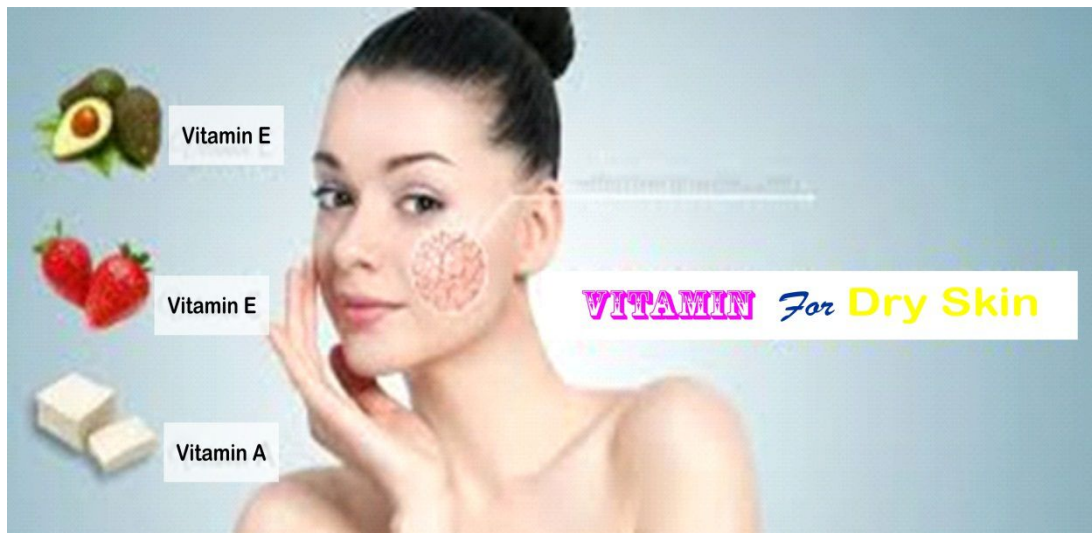
Let me share what I've learned in my 10 years of practicing dermatology and provide you some simple tricks and tips you need to combat this sudden change in climate

DRY SKIN CARE TIPS

- *Frequent moisturizing: Yes, rather than putting on loads at one go and then leaving your skin parched for the rest of the day, try applying a moisturizer more frequently- JUST LIKE A SPONGE CAN WITHSTAND ONLY A CERTAIN AMOUNT OF WATER AT A GIVEN TIME. REMEMBER: 10 mugs of water AT ONE GO will BE AS GOOD AS WASTING NINE MUGS OF WATER*
- *Use a moisturizing lotion/cream instead of an oil for body massage... Oils have high molecular weight, so they do get absorbed*

to the deeper layers of the skin, thus, NOT ABLE TO give long-lasting moisturizing effect

- Always sponge your body with a wet napkin prior to moisturizing as this helps retain the moisture levels in the skin
- Make sure your shower time is less than 5 minutes- as prolonged stay below water cause further loss of water from skin



DO'S N DON'T'S

- **DON'T USE BODY MOISTURISERS FOR THE FACE:** Many body moisturizers can cause acneform lesions (boils) itself and are not suited for all age groups on the face. The VICE VERSA however, is true but may turn out a bit more expensive
- Similarly, **THICK** skin over **PALMS AND SOLES** required a more keratolytic moisturizer- something with contains UREA and lactic acid for exfoliation of dead skin from these thick skin beds
- Be sure to avoid:

- Harsh skin cleansing
- Fragrance based cleansers
- Cleansers of oily/pimple prone skin
- Wash only with the right gentle cleanser
 - Choose pH balanced soapless cleansers (ZYNDET BARS)
 - When in doubt- use gentle baby cleansers which are relatively chemical free
 - Do not wash frequently with soaps/cleansers
 - Splash plain water – dab dry and apply a OAT based moisturizer for the face for longer lasting moisturizing benefits
- Drink water – something we all forget to do in winters
- Do not exfoliate/ no toners
- Choose a moisturizing sunscreen with a matte touch so that your skin gets the best of both worlds
- LASTLY, don't forget your lips- use a lip balm which is fragrance-free and flavor free- ideal would be petroleum jelly or even our very own- DESI GHEE

