

is your skin dry or dehydrated?

When your skin feels dry, you may naturally assume that it's dry. However, it might be dehydrated. It's important to know the difference so you can feel confident that the products you're choosing will yield the best results.

dry skin vs. dehydrated skin

both can be



flaky



itchy or sensitive



tight



dull

dry



lacks enough lipids



can be genetic



feels dry all over, including hands and scalp



is constant, especially in winter

dehydrated



lacks enough water



can be experienced by anyone (a treatable condition rather than a skin type)



can feel oily and dry



comes and goes

needs lipid-rich products for barrier support

The skin's lipid barrier acts like a strong wall to keep moisture in and irritants out. Lipid-rich products help restore this barrier to defend against dryness.

needs water-rich products for more hydration

Dehydration can send skin into overdrive trying to protect itself, resulting in tightness, oiliness, and breakouts. Water-rich products help rehydrate and balance skin.

top moisturizer pick for dry skin

intensive moisture balance



strengthens skin's lipid barrier to prevent moisture loss



helps rebalance the skin's microbiome



intensely moisturizes to reduce visible fine lines



top moisturizer pick for dehydrated skin

skin smoothing cream



provides 48 hours of continuous hydration



distributes hydration throughout the skin to lock in moisture



shields skin's natural microbiome from environmental stress

ingredients to look for

dry



phytoactives (plant oils)



shea butter



ceramides

dehydrated



hyaluronic acid



cucumber



aloe



what about the water you drink?

The skin is the last organ to receive the water you sip, making moisturizers a must for skin to feel comfortably hydrated.

Replenish your skin with the moisture it needs. Get a customized regimen from your local Dermalogica skin therapist.