

how to cleanse dry skin



story highlights

- People with dry skin should use gentle, creamy, non-foaming cleansers that contain nourishing phytolipids (plant oils).
 - Avoid cleansing with hot water and over-exfoliating skin, as well as stripping ingredients such as alcohol, acetone and retinoids.
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Does your facial cleanser leave your skin feeling tight? It might be too harsh for you. Many foaming, soapy cleansers contain harsh surfactants (aka surface active agents) that break down oils and leave a "squeaky clean" feeling, but not without compromising skin proteins and lipids that defend against dryness. As a result, the skin's protective lipid barrier becomes weaker.

A weakened lipid barrier lets out moisture rapidly and lets in irritants such as dry air and allergens. This is why skin feels tighter and more sensitive after washing. If you have dry skin:

1 **Look for gentle, creamy, non-foaming cleansers** such as **Intensive Moisture Cleanser**, which can remove even long-wear make-up while nourishing dry skin. Intensive Moisture Cleanser uses a special surfactant system that is pre-saturated with fatty acids to help prevent skin from feeling stripped after cleansing. It also contains nourishing plant oils that help further preserve the integrity of the skin's lipid barrier.

If you need to remove stubborn residue from skin, do the **Dermologica Double Cleanse** by using **PreCleanse Balm** prior to **Intensive Moisture Cleanser**. PreCleanse Balm breaks down all kinds of debris without disrupting the skin barrier.

2 **Use lukewarm water.** Excessive heat can further deplete the skin's protective barrier and lead to more dryness, itchiness and inflammation.

3 **Exfoliate no more than twice a week, and avoid stripping ingredients.** Over-exfoliating and using skin care ingredients such as alcohol, acetone, AHAs, BHAs and retinoids can also deplete lipids, exacerbating that taut feeling.

4 **Apply moisturizer immediately after cleansing.** This reinforces the lipid barrier and locks in moisture. Misting skin with a hydrating toner before you apply moisturizer can also help boost product performance. Nourishing moisturizers like Intensive Moisture Balance contain ingredients such as ceramides, fatty acids and sterols to defend skin against dryness.

Cleansing dry skin without compromising your lipid barrier can go a long way toward relieving discomfort and promoting a healthy-looking, radiant glow. For more advice on how to care for dry skin, consult a Dermalogica skin therapist.