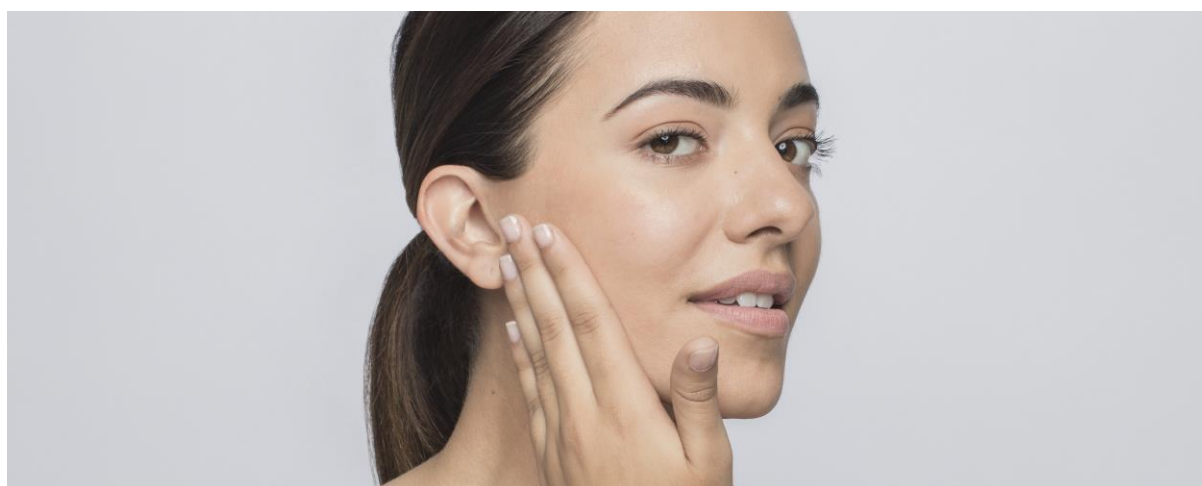


is your skin dry or dehydrated?

Learning the difference will help you choose skin care products that get results.



story highlights

- Dry and dehydrated skin feel the same, but they have very different causes.
- Dry skin needs lipid (oil)-rich products while dehydrated skin needs water-rich products.

When your skin feels dry, you might naturally assume that it is. But that's not always the case: it could actually be dehydrated, which has a different root cause. Learning the difference can help you choose products that are made for your skin – and get the best results possible.

dry skin vs. dehydrated skin

both are

flaky

itchy or sensitive

tight

dull

dry	dehydrated
<p> lacks enough lipids</p> <p> is genetic</p> <p> feels dry all over, including hands and scalp</p> <p> is constant, especially in winter</p> <p> can also be dehydrated</p>	<p> lacks enough water</p> <p> can be experienced by anyone (a treatable condition rather than a skin type)</p> <p> can feel oily and dry</p> <p> comes and goes</p> <p> may experience breakouts</p>
<p>needs lipid-rich products for barrier support</p> <p>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.</p>	<p>needs water-rich products for more hydration</p> <p>Dehydration can send skin into overdrive trying to protect itself, resulting in tightness, oiliness, and breakouts. Water-rich products help rehydrate and balance skin.</p>

top moisturizer pick for dry skin

intensive moisture balance

strengthens skin's lipid barrier to prevent moisture loss

helps prevent free radical damage

reduces the appearance of 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

Replenish your skin with the hydration it needs to stay healthy – and visit your local Dermalogica skin therapist for a customized skin care regimen.