

The truth about dry skin

Understand what your skin type means, its misconceptions and the ingredients to look out for.

Section: Skin type stories

What is dry skin?

Dry skin can be a real concern, causing discomfort and inconvenience and adding to your skincare needs. Dry skin feels tight, especially after cleansing. It may be flaky on forehead, cheeks and nose and might feel rough. Since dry skin lacks plumpness, lines and wrinkles may show more. Increased sensitivity can add redness to the mix.

“Dry skin just means dehydrated skin”

Dry skin is a skin type

Dehydrated skin is skin that needs a drink, thanks to hot weather, hot water or that old enemy, the sun. Dry skin on the other hand is a skin type, like having oily or combination skin. People with a dry skin type need to be careful about dehydration and anything that strips the skin barrier.

“Don’t exfoliate dry skin”

Exfoliation helps hydration

Dry skin needs extra hydration and that means sloughing off dead cells so treatments can penetrate the layers and work their magic. Use a nourishing exfoliator and start out at once a week, increasing slowly as skin adapts.

“Just drink more water”

Skin needs a drink too

Let’s get topical – by adding humectant ingredients into your skincare regimen. Start with hyaluronic acid, a water bomb that holds up to 1,000 times its weight in H₂O, making it perfect for parched skin.

“Dry skin is a winter problem”

Take care, all year

If you have dry skin, it probably follows you around 365 days a year. Cold air outside and dry air inside make winter and autumn difficult. In summer, staying hydrated and out of the sun will help.

The ingredients you need for dry skin

Hyaluronic acid

You don’t need a heavy moisturiser to beat dryness. Look for humectant hyaluronic acid in

moisturisers or serums. It pulls water into skin without blocking pores. Use hyaluronic acid before retinol for best results.

Glycerine

An essential for people with dry skin types, glycerine is a humectant that's found naturally in the body. It can also be found in plants like palms. Glycerine works well when combined with oil and other emollient ingredients.