TIPS FROM THE CHEMIST – DRY & DEHYDRATED SKIN

Do I have dry and/or dehydrated skin?

Most people are not even aware that there is a difference between dry and dehydrated skin. ***Dry skin*** is caused by not having enough oils in the skin, and ***dehydrated skin*** results from not having enough water in the skin. Both are necessary for a healthy, radiant complexion.

Dry Skin: A "Skin Type"

Dry skin is characterized by a low level of sebum production and a decrease of water retention capacity of the stratum corneum (the outer layers of the skin). The skin has a parched look because of its inability to hold in moisture and results in complaints of tightness of skin and rough skin surface, greater sensitivity and excess scaling. Lifestyle choices such as overexposure to sun, long hot baths or showers and inappropriate skin cleansing products all contribute to further reveal fine lines and wrinkles, more rapidly so than with other skin types.

Dehydrated Skin: A "Skin Condition"

Dehydrated skin can be caused by moisture evaporation through the skin, environmental exposure, low humidity, temperature changes, poor diet and harsh cleansers that strip the skin. Dehydrated skin usually results in premature aging and other ailments such as eczema, itching, and psoriasis, as well as display a lack of radiance and loss of elasticity.

The Effects

If not corrected, dry and dehydrated skin will no longer be an effective barrier to protect skin against environment assaults. In addition, stripping any natural oils and moisture with the use of harsh cosmetic products will make it more difficult for the skin to function properly and protect it from increased transdermal water loss. When the skin gets to this state, it results in a disrupted barrier function which causes changes in normal epidermal biochemical processes. Consequently, both dry and dehydrated skin conditions may occur.

How do I know if I have dry and/or dehydrated skin?

- Does your skin usually feel tight and uncomfortable, especially after cleansing?
- Do you notice more fine lines around your eyes, forehead, mouth and neck?

- Does your skin become rough, crack and flake especially in low humidity or cold climates?
- Does your makeup disappear quickly throughout the day?
- Do you feel like you constantly need to re apply moisturizer?

TIPS for Treating Dry and Dehydrated Skin

- Avoid harsh, over-drying cleansers, excessive scrubbing or hot water to cleanse skin, which can strip natural lipids and cause irritation.

- Gentle exfoliation helps to remove surface skin cells, balances natural moisture and prepares skin to receive vital ingredients.

- Moisturize immediately after facial cleansing and bathing to lock in moisture.

- Use moisturizers that mimic the skin's natural lipids and moisturizing properties, which will protect outer layers, but also repair dry skin deep within - not simply relieve surface dryness.

- Use a hydrating mask that contains strengthening antioxidants more often during harsh months to replenish moisture loss.

- Avoid sun exposure and apply a physical sunscreen with a minimum SPF 30 everyday.

- Drink plenty of water and avoid excessive amounts of alcohol and caffeine to prevent dehydration.

The B. Kamins Chemist Solution

B. Kamins, Chemist maple treatment products have a high concentration of Bio-Maple™ Compound and water binding ingredients that help to re-educate the skin in order to achieve skin suppleness. These products not only replace lost moisture to the skin, but actually help heal dry and dehydrated skin. Powerful humectants and anti-oxidants will quench skin and assure prolonged hydration to help eliminate skin flakiness and minimize dry patches for a smoother, plumper, more radiant complexion.