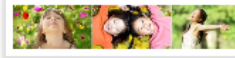


5 Reasons For Your Skin Dryness

Ranking
5/5
Scored by 1 customer reviews!



5 Reasons Why Your Skin May Be Dry

If you suffer from dry skin, you'll be familiar with the tight, uncomfortable, patchy and flaky skin that can accompany it. In severe cases it can feel itchy and can cause the skin to crack or break. Sensitivity can also become a problem especially if you find yourself itching. Read on to find out why your skin may be dry and what you can do about it.



1) The Climate

Colder climates and dry air can cause the water in our skin to evaporate leaving your skin feeling dry. Protecting and replenishing the skin with a good moisturiser is essential especially in the cold and wintery months.

The lack of humidity indoors when the central heating is on can zap the moisture out of your skin. A humidifier or beauty bowls (bowls filled with water) by the radiator can help keep the air humid to stop the skin's moisture from evaporating.

2) Using Harsh Soaps

Harsh soaps or cleansers can strip the skin of its natural moisture leaving your skin dry. Go alcohol-free as alcohol in skincare can also be responsible for stripping away the protective layer of the skin leaving little barrier against harmful elements from the environment.





3) Using the wrong products

Using the correct products for your skin can really make the difference for example, dry skin tends to need less cleansing than an oilier skin so using a gentle cleansing cream would be far less drying than using a wash-off cleanser which would be usually be needed to remove the excess oil on oily skin.



Simply coating the skin with a thick cream is not the answer either unless it's recommended by your GP. Instead of using rich petrochemical based creams, go for moisturisers containing humectants and nourishing ingredients to help feed the skin with goodness and attract moisture. Natural oils and serums can really help to.



4) Medical and Skin Conditions

Dry skin can be due to medical conditions such as eczema, allergies, diabetes, thyroid conditions as well as down to the side effects of certain medication. Some drugs for acne are known to cause dry skin.



5) Hot Baths and Showers

Hot baths and showers can also be moistur-enemy as the heat can strip the protective layer of oil which normally would retain the moisture in the skin.

Having a warm bath with bath oils is far better than soaking in a hot bubble bath. Short warm showers with a moisturising body wash can leave the skin feeling clean yet hydrated.

Swimming can also leave the skin feeling dry especially if the pool has chlorine. Make sure you moisturise the skin after.

A diet rich in fatty acids as well as omega 3 and evening primrose supplements can also help take care of your skin from within. Drinking plenty of water through the day is also very important. If your skin is severely dry, seek the advice of your GP who may refer you to a dermatologist.



THE TRUSTED BEAUTY Guide



What's Worked For Us

We recently tried Dry2Alive, the new natural deeply hydrating cream which is suitable for anyone from birth upwards.



It's formulated with active botanical ingredients and claims to bring instant and long lasting relief to dry, irritated and sensitive skin.



Created by Ishiso, a London based natural skin care company, Dry2Alive is 98% natural and contains no chemical nasties or animal ingredients.



Dermatologically tested, it is said to be as gentle as water and suitable for people with sensitive skin, eczema and psoriasis.



Its natural ingredients include Baobab Seed Oil known for its anti-oxidant properties and the ability to soothe eczema and psoriasis which is rich in vitamins A, D, E and F and Omega 3, 6 and 9; nutrient rich Oatmeal Kernel Extract which has strong anti-inflammatory benefits; Marshmallow Root Extract, a beautiful soothing herb which reduces itching while controlling bacterial infections; Borage and Rosehip Oils which together, deliver deep penetration of moisture to the skin.



Dry2Alive offers a fresh solution to the management and relief of dry skin conditions including rough and cracked skin on the hands, feet, elbows and knees, winter dry skin patches as well as an anti-aging moisturiser for people with sensitive skin, babies cradle cap and children's dry skin patches, atopic eczema, psoriasis and itchy skin caused by hormonal changes such as the menopause.



The Trusted Beauty Guide panel rated this product as effective, moisturising, soothing and particularly liked the light uplifting scent of the cream.



Dry2Alive is available from www.dry2alive.com
RRP £10.40 for 50ml.