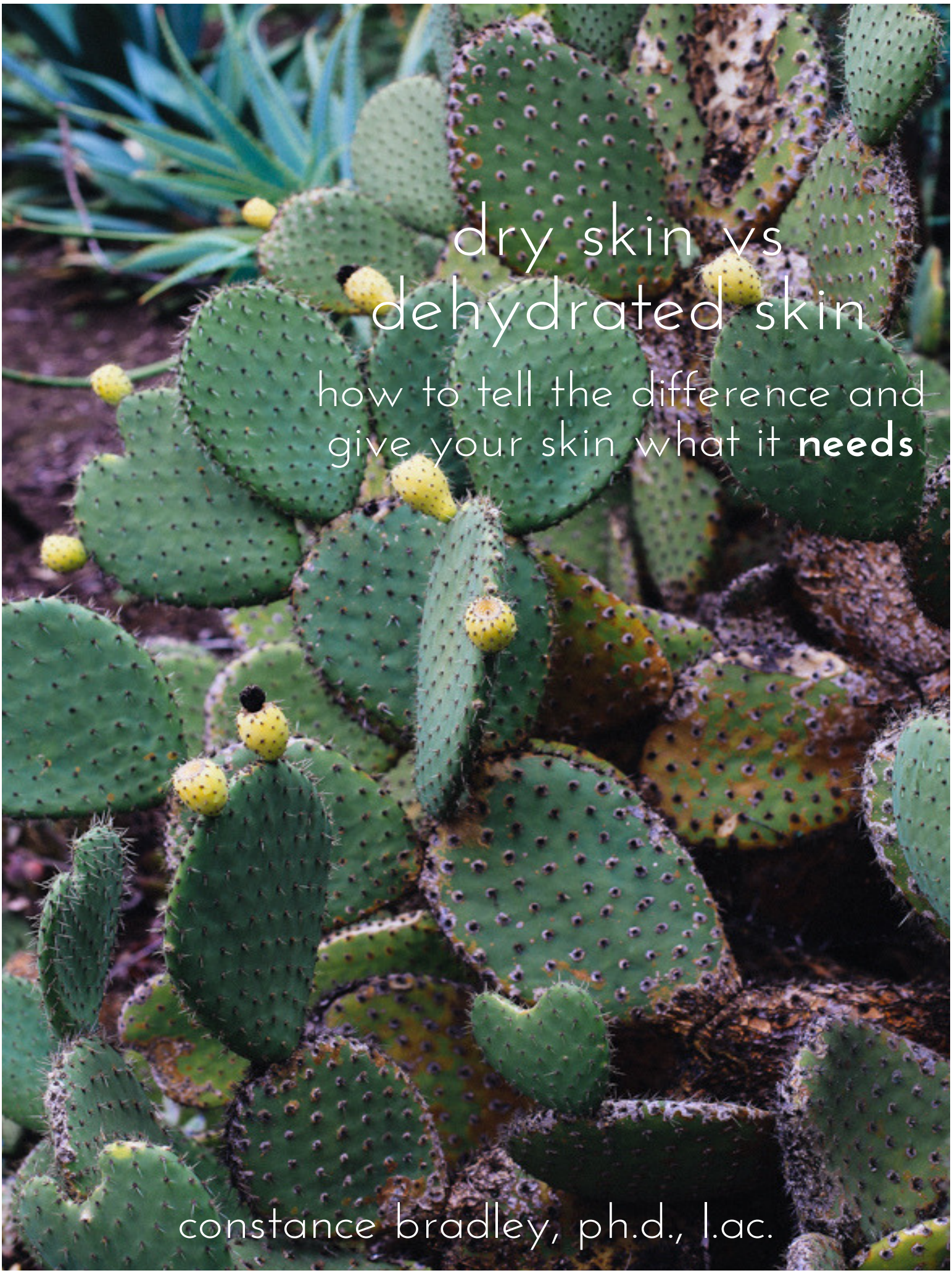

dry skin vs dehydrated skin

how to tell the difference and give your skin what it **needs**

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Do you know the difference between dry and dehydrated skin? Many of us claim to have dry skin, but in reality we have dehydrated skin, which is a more common condition. Dry and dehydrated skin can feel the same, which makes decipering the underlying condition more difficult. Sometimes, skin can be *both* dry and dehydrated, meaning it needs extra support. In this guide, I will discuss the difference between dry and dehydrated skin, show you how to treat current dryness and dehydration, and provide advice for preventing future occurences.

Wishing you a lifetime of radiant health and beauty.

In health,
Constance

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DRY SKIN

Dry skin is a natural skin type, just like oily or combination skin. The reason dryness occurs is because the skin lacks sufficient oil (sebum) production; in other words, those with dry skin have almost no oil present on the surface of their skin.

Causes

- Congenital – meaning you've had dry skin for many years or from birth
- Age – most of us experience dry skin as we get older
- Products – over use of harsh soaps and cosmetics that affect skin's oil balance
- Vitamin deficiency – deficiency in Vitamin A, E, or B can make skin dry (ask your medical professional to test your levels in a blood draw)
- Hormone imbalances – many hormonal conditions can affect your skin's oil level. Ask your medical professional for more specific information.

Symptoms

- Skin feels dry all over including on scalp, hands, and face and flaky patches are often present
- Fine lines and wrinkles are more noticeable
- Sensitive to temperature extremes (heat, cold, wind, etc. all tend to make skin worse)
- Very few or no breakouts (blemishes)
- Constantly needs moisturizer, especially in winter

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Treatment

- Dry skin requires oil-rich products in order to replenish the skin's lack of oil.
- Choose a mild cream cleanser formulated for dry skin and avoid harsh soaps or foaming cleansers. THIS is my favorite cream cleanser packed with good-for-you ingredients that fight sigsn of aging.
- Use gentle exfoliators containing natural ingredients, like THIS gentle Vitamin A serum.
- Keep your face hydrated with an antioxidant facial oil that penetrates deeply; my favorite is HERE
- Use a rich cream moisturizer from head to toe immediately after your bath or shower while your skin is still damp.

Your Power Ingredients

The following ingredients will be especially helpful for you to incorporate:

- Olive oil
- Sunflower oil
- Mango seed oil
- Coconut oil
- Jojoba oil
- Beeswax
- Shea butter
- Lanolin
- Ceramides
- Mineral oil
- Castor oil

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DEHYDRATED SKIN

Dehydrated skin is a condition that can affect any skin type, whether you have naturally dry or oily skin. Dehydrated skin occurs because the skin lacks water at its deepest levels; meaning dehydrated skin is the result of the body needing moisture, both inside and out. Ensure you are drinking adequate fluids; a good rule of thumb is to drink half your body weight in ounces per day, and increase intake as you increase your activity level.

Causes

- Dehydration – the entire body lacks water
- Stress, illness, and poor diet – smoking, consuming alcohol, caffine intake, and salt all take a toll on the skin's water balance
- Products – over-use of harsh soaps and cosmetics that strip the skin of its natural moisture
- Nutritional deficiency – deficiency in Vitamin A, B-2, iodine, and essential fatty acids contribute to the body's hydration level

Symptoms

- Skin can feel dry and oily simultaneously
- Skin feels similar to a mild sunburn; dry, tight, and can have flakiness
- Can occur any time of year
- Comes and goes depending on diet, environment, or incorrect product use
- Can be prone to breakouts (blemishes)

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Treatment

- Dehydrated skin requires water-rich products in order to replenish the skin's lack of moisture.
- Choose a mild cream cleanser formulated for dry skin and avoid harsh soaps or foaming cleansers. THIS is my favorite cream cleanser packed with good-for-you ingredients that fight sigsn of aging.
- Use alcohol-free toners, such as THIS gentle rose petal version.
- Keep your face hydrated with a face lotion packed with amino acids and hydrating peptides, my favorite is HERE
- Use an aloe-based body lotion, such as THIS ONE, to provide your body the much-needed moisture it needs.

Your Power Ingredients

The following ingredients will be especially helpful for you to incorporate:

- Hyaluronic acid
- Sodium hyaluronate
- Aloe vera
- Glycerin
- Glycerol
- Urea
- Honey
- Sodium lactate

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