

The Real Reason Your Skin Is So Thirsty

It Could Be Dry...

if it always feels rough and has flakes. This is a skin type, determined by factors like genetics, where you don't produce enough skin-softening oil.

Quench it!

1 Lower your shower temp. "Hot water can melt away moisturizing lipids in your skin," says Mary Lupo, MD, clinical professor of dermatology at Tulane University School of Medicine. Aim for luke-warm. If your skin turns red, your H₂O is too hot.

2 Exfoliate, gently. It smooths dry patches and allows softening ingredients to be absorbed more easily, explains Dr. Lupo. This powder one from Dior dissolves, so there's no way to overdo it.

Dior Hydra Life Time to Glow Ultra Fine Exfoliating Powder, \$45, dior.com

3 Pick a rich moisturizer.

Because your skin lacks oil, you can handle (and need!) a cream with butter-based ingredients like cocoa, mango, or shea (it's in Garnier's).

Garnier SkinActive Soothing Rose Water 3-in-1 Moisturizer, \$15, drugstores

4 Use an oil.

Add a few drops to your lotion for a boost or pat on a thin layer as your last step to trap in moisture and replenish your lipids.

Acure Moroccan Argan Oil, \$13, Target

It Could Be Dehydrated...

if it looks scaly and fine lines are emphasized. This temporary condition (due to external factors such as weather and lifestyle) causes skin to lack water.

Quench it!

1 Hydrate from the inside out. Try to drink eight glasses of water a day, and stock up on walnuts, salmon, and olive oil. "Their essential fatty acids help skin hold onto water," says Noëlle S. Sherber, MD, a dermatologist in Washington, D.C.

2 Cleanse with benefits. Cold temperatures and wind can evaporate the moisture in skin's outer layers, so make sure every step in your routine brings back water. This hyaluronic acid-spiked wash will do the trick.

Neutrogena Hydro Boost Hydrating Cleansing Gel, \$9, drugstores

3 Protect your skin barrier.

Dehydration can weaken your skin's protective layer (cue redness and dryness). Strengthen it with vitamin B3, or niacinamide (in this toner).

Renée Rouleau Moisture Infusion Toner, \$42.50, reneerouleau.com

4 Embrace humectants. They draw water into the skin and keep it there (remember, you need water, not oil). Use a cream with glycerin or hyaluronic acid (like Vichy's).

Vichy Aqualia Thermal Mineral Water Gel, \$31, vichyusa.com



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