

# How to Keep Dry Skin Hydrated in 7 Easy Steps

Perhaps you don't know why your skin is dry. Keeping your skin hydrated especially if you are in a harsh winter or desert climate or are experiencing a health challenge. These 7 easy steps will have you glowing in no time.



#1

Don't use soap or foaming cleansers which are ultra drying. Do choose hydrating, cream or oil cleansers. Make sure your products do not include sulfates, phthalates, sodium chloride, fragrance or alcohols.



#2

Give your skin a good Hyaluronic acid, pro-collagen growth breakfast. Tap Theorem Serum all over including around the eyes & mouth.



#3

Use a lipid-based moisturizer lightly over your serum to further push serum in. In the winter months, alternate with a hydrating facial oil.



#4

Drink water consistently throughout the day to ensure skin cells and blood vessels have the fluids they need. At least 7 cups! More if you're in a hot climate or exercising.



#5

Dry, heated or air conditioned air is actually a year-round issue - constantly pulling moisture from your skin. Humidifiers can help lips, skin & hair from cracking and losing yet more precious moisture.



#6

Twice weekly, gift skin 15 mins of tiny Hyaluronic acid nutrition - deep hydration helps with natural skin regeneration. Avoid drying clay masks and terrible for the environment sheet masks.



#7

Nighttime is when skin is naturally ready to maximize restorative peptides & natural HA nutrition benefits.