

# Sensitive Skin

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## Sensitive skin might just be a blessing in disguise.

Having sensitive skin can feel like a curse, but with more and more evidence emerging about harmful ingredients, your sensitive skin may actually be protecting you.

I've had more skin conditions and reactions than the average gal: perioral dermatitis, exfoliative cheilitis, eczema, polymorphous light eruption, phytophotodermatitis, contact dermatitis, eyelid dermatitis, and probably a few others that I've chosen to forget.

At times, I've felt frustrated and sad that I can't use—or may regret using—any lotion, lip gloss, or sunscreen. Over time, though, I have come to feel grateful to my skin for causing me to educate myself more

deeply about what chemicals are landing on my body, and what effects they can have there. I've also had to dig deep on my nutrition and stress management, both of which can show up on my skin. So, while it can be painful to figure out what's causing your skin to speak so loudly, the research often inspires health habits with benefits that extend far beyond the surface of your skin.

### SO... WHAT IS SENSITIVE SKIN?

Sensitive skin is not a diagnosis. It's a catch-all term indicating that your skin is more reactive than most, with a tendency to become red, inflamed, itchy, or uncomfortable in response to weather, stress, or skincare products. If you've ever been accused of having "thin skin," there may be some truth there: having sensitive skin means that the outer layer of your skin is thinner and weaker than your non-sensitive friends, allowing more irritants and allergens to penetrate the skin.

Sensitive skin can also occur alongside conditions like eczema, psoriasis, and rosacea, which can further confuse the picture. Essentially, sensitive skin is less effective as a barrier, allowing irritants to slip through and trigger a local immune response causing redness, dryness, and inflammation.



# Let's do this together.

Your skin is telling you it needs your help. Luckily, once you've become an ingredient expert, you can support your skin by making informed choices that will keep your skin calm and happy.

## 1 CRITICAL BEGINNING STEPS

### STOP USING

#### Sodium lauryl/laureth sulfate

SLS is a foaming agent in almost everything that bubbles, excluding soap. You will find it in your toothpaste, your shampoo, your laundry detergent, your dish washing liquid, and your body wash. There are many ways to make SLS, some of them plant-based, so don't assume that your "green" detergent or hair care doesn't use it. Unfortunately, SLS has been shown to be a serious skin irritant, even in its gentler forms, so it really, truly has to go.

#### Synthetic fragrance

With hundreds of undisclosed ingredients, many of which are irritants and allergens, you'd be wise to eliminate "fragrance" and "parfum" from everything you use on your skin, your hair, and in your home. When you're trying to figure out what's upsetting your skin, it becomes almost impossible if synthetic scent is on the scene.

#### Exfoliants

Using scrubs—even natural ones made from salt and sugar—might not be what your sensitive skin needs until it's on the road to recovery. The same goes for a loofah or even a rough washcloth in the shower. Just wash with a gentle soap and your hands until your skin is in a less reactive state.

### START USING

#### Oh So or Oh So Detox Soap

These unscented, low-lather bars are formulated for the most sensitive skin, with minimal ingredients and no essential oils.

#### Naked Body Oil

Applied to wet skin, this unscented oil will begin to strengthen the lipid layer that is often compromised with reactive skin.

#### Naked Body Mousse

For a little extra softening, this unscented, whipped shea butter mousse will continue the soothing without irritation. **Note: if you are allergic to latex, you should have a skin test to make sure you're not allergic to shea butter also!**

#### Lip Doctor

Another staple in our essential-oil free collection, Lip Doctor soothes irritated, sore lips with cocoa butter and olive oil.

## 2 SUPER IMPORTANT NEXT STEPS

Once you've simplified your body routine, which is most important because it accounts for over 90% of your skin, you can do the same for your facial care rituals. Switching to a once-daily routine in the evenings can be a huge relief for sensitive skin. Try washing with our Rose Clay Facial Soap or our Purely Gentle Mud Cleanser, patting dry with a clean towel, and applying half a pump of Restore Facial Serum while the skin is still damp. If you prefer a cream, Purely Simple Face Cream is a great choice for sensitive skin.

## 3 NOW FOR THE FUN PART: THE SHOPPING LIST!

### FOR THE SKIN

[Osmia Oh So Soap](#)

[Osmia Oh So Detox Soap](#)

[Osmia Naked Body Oil](#)

[Osmia Naked Body Mousse](#)

[Osmia Lip Doctor](#)

### FOR THE FACE

[Osmia Rose Clay Facial Soap](#)

[Osmia Purely Gentle Mud Cleanser](#)

[Osmia Restore Facial Serum](#)

[Osmia Purely Simple Face Cream](#)

### HAVING TROUBLE?

Everyone reacts differently to skincare plans—if you are not seeing results, [please email us](#) and we can help adjust your routine or suggest a few products from other brands that are gentle enough to try. While we hope Osmia works as well for you as it has for so many others, we are committed to helping you see results. We'll do our absolute best to customize your routine and guide you toward your healthiest skin.



## Additional homework for greater success:

With sensitive skin, you may have to be aware of things other than your skincare. Certain fabrics can be more irritating to sensitive skin than others, so experiment with clothing and sheets to see what your skin likes best. You should look for an unscented, mineral sunscreen, and makeup with simple, clean ingredients as well. Search for hair products, household cleaners, and laundry detergents that don't contain SLS or synthetic fragrance.

[Here's a link to some of our favorite sensitive skin lifestyle products.](#)

As with any skin-related situation, diet and stress play a role. Eating a plant-rich diet of minimally processed foods will support your skin from the inside, as will active stress management techniques like yoga, meditation, and regular exercise—especially in the great outdoors!

### WE ARE HERE FOR YOU.

Reach out anytime at  
[info@osmiaorganics.com](mailto:info@osmiaorganics.com)

*We're here to answer questions, and to hear your success stories!*

## You can do this.

While sensitive skin may feel like a burden, there is absolutely a silver lining: by eliminating things that irritate your skin, you'll also be eliminating things that may be linked to bigger health problems that are far more than skin deep. So take a big breath and thank your biggest organ for being so aware—all your other organs will be so grateful in the long run! In reading this post, you're already one step closer to calmer skin. The best news? While you may have to limit ingredients, you don't have to limit the luxury in caring for your skin. In fact, you might just find you're enjoying the sensitive-skin journey more than you ever thought possible.

With healthy and joy,

