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7 Signs of Dehydrated Skin

How does dry skin affect my body?

Dry skin can cause a range of uncomfortable symptoms, including itching, cracking, and flaking. It can also make the skin more sensitive to irritation from harsh soaps, detergents, or other substances. In extreme cases, dry skin can lead to infections like eczema and dermatitis.

In extreme cases, cracked skin can lead to infections which can lead to diseases such as impetigo and folliculitis.

It can also increase the risk of certain skin conditions like psoriasis, rosacea, and contact dermatitis. Having dry skin may also make it more difficult for your body to heal from cuts or scrapes, leaving you vulnerable to infection.

Dry skin is not only uncomfortable but can pose a health risk if left untreated. Taking steps to properly care for your skin by using moisturizers and avoiding harsh soaps can help prevent dryness and reduce the severity of symptoms.

Additionally, seeing a doctor if you have persistent signs of dry skin can help diagnose underlying medical causes and ensure that appropriate treatments are put in place.



7 Signs of Dehydrated Skin

01.

Dryness: Lack of moisture may cause skin to feel dry, tight and rough. Use a gentle cleanser and hydrating moisturizer to restore moisture.

02.

Flakiness: Dead skin cells can accumulate, causing patches of flaky skin. Use gentler exfoliators to remove dead skin cells.

03.

Tightness: Skin lacking moisture can cause feelings of tightness and discomfort; use moisturizing face oils with jojoba or cream with added collagen to help replenish lost hydration.

04.

Dullness: Dehydrated skin often looks dull; look for products containing vitamin C or liquorice root extract to achieve natural glow.



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05.

Uneven Texture: Dehydration can lead to uneven texture in the skin with bumps and ridges forming on areas of the face; use a cleanser with lactic acid to even out this texture.

06.

Inflammation: Dehydrated skin is more prone to irritation and inflammation; use calming ingredients such as aloe vera or green tea extract to soothe it.

07.

Fine Lines and Wrinkles: Lack of hydration can make wrinkles more pronounced; hyaluronic acid binds moisture into the skin which helps reduce the appearance of wrinkles.



What Causes Dry Skin?

- Skin's inability to retain moisture is the main cause of dry skin.
- Over-cleansing can strip away natural oils from the skin and leave it feeling tight and dehydrated.
- Exfoliating too often or with the wrong product for your skin type can further deplete moisture in the skin.
- Certain diseases like eczema/atopic dermatitis, psoriasis, kidney disease, diabetes and thyroid disorders can cause dryness.
- Aging causes a decrease in oil production which leads to dryness.
- Allergic contact dermatitis can also lead to dryness when the body's immune system has an overreaction to a particular substance.



Tips for preventing dehydrated skin



TOP TIPS:

- Stay Hydrated by drinking enough water.
- Use Humectants such as glycerin, hyaluronic acid, or urea to trap moisture in the skin.
- Avoid Harsh Cleansers that can strip essential oils from the skin.
- Protect Skin from Sun damage with broad-spectrum sunscreen.
- Keep Bedsheets clean to reduce irritation and breakouts.
- Use a Humidifier to add moisture back into the air.

Tips for preventing dehydrated skin:

TOP TIPS:

- Incorporate Fruits and Vegetables into the diet for essential vitamins and minerals.
- Utilize Natural Remedies such as honey or avocado masks.
- Use Hydrating Mists with aloe vera juice, rosewater, or green tea extract for extra hydration throughout the day.
- Avoid Hot Water when washing your face to prevent stripping away natural oils and causing irritation.





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