



*5 TIPS TO  
RELIEVE DRY  
SKIN*

ROBBIN TURNER, M.ED.  
Violet Botanical Skincare  
[www.violetbody.net](http://www.violetbody.net)



## *TIP 1: USE EMOLLIENTS OR BODY BUTTERS*

Use emollients or body butters several times per day. The lipids (fatty acids) in butters (shea and mango) restore skin lipids, elasticity, boost natural skin regeneration, and increase skin hydration by forming a protective barrier.





## *TIP 2: USE GENTLE SOAP*

Avoid harsh soaps that tend to irritate your skin. Use gentle, oil-based moisturizing soaps. Liquid body wash is less drying as it has more moisturizers. Liquid body wash also has a lower pH making it gentler for sensitive skin.



### *TIP 3: USE WARM WATER*

Limit shower time and use warm water. Hot water dries your skin and robs its natural oils.





## *TIP 4: MOISTURIZE*

Pat yourself dry after showering/bath and moisturize with a body oil to instantly soothe dry skin. Fatty acids in oils help moisturize, heal, nourish, restore elasticity, and protect skin.



## *TIP 5: GOAT'S MILK BATHS*

Goat's milk is moisturizing to your skin and will not dry it out due to the essential fatty acids and triglycerides. Goat's milk has the same pH as your skin; therefore, it doesn't disturb your acid mantle or skin microbiome. Goat's milk is similar to human milk so it works with your skin.