

11 DO's and DON'Ts for DRY SKIN

DO

1. Bathe just long enough to cleanse yourself. Use as little soap as possible. Use a moisturizing soap (e.g. Dove)
2. Use warm water. It's not as drying as hot water.
3. Use hands to gently lather in circles.
4. Pat yourself dry with a soft towel.
5. Take a bath or shower only once a day. It's enough!
6. Exercise. It increases the flow of nourishing blood and oxygen to the skin, which results in a healthy glow.
7. Drink a lot of water. The upper layer of your skin is about 10% water, while the deepest layers of skin are close to 60% water.
8. Get your "beauty sleep".
9. Eat a balanced diet. Fruits, vegetables, and fiber to provide fluid and important nutrients to your skin.
10. Make sure skin is well moisturized, as the best time to apply moisturizers is right after bathing, while skin is still damp. This help lock in moisture.
11. Rinse laundry twice. Use low-irritant detergent (e.g. Tide- free). Avoid "drier sheets".

DON'T

1. Bathe too long. Soap and water can cause skin to become excessively dry. Don't use drying soaps (e.g. Ivory) or deodorant soaps.
2. Use water that is too hot.
3. Scrub your skin with a brush or harsh sponge.
4. Rub yourself dry.
5. Shower or bathe too frequently.
6. Avoid exercise.
7. Skimp on drinking a lot of water.
8. Lose sleep. Fatigue can slow your circulation and impede delivery of oxygen and nutrients to your skin.
9. Neglect your diet. This can affect your skin.
10. Forget about seasonal dryness. Overheating your home in cool months and staying outdoors during warmer months can cause dryness.
11. Don't use fabric softener. Avoid additives such as "drier sheets" during drying.

NOTES:
