



DIY SKIN FIX FOR

Dehydration

ALL SKIN TYPES

@theglowknow

SKIN CONDITIONS

Skin Dehydration

What is Skin Dehydration?

Skin dehydration is often confused with skin dryness. Skin dehydration itself can lead to other skin conditions including redness, sensitivity and premature skin ageing. Please note that a skin type can be oily and still be suffering from dehydration.

Our skin naturally produces Hyaluronic Acid and it is responsible for keeping our skin hydrated by binding moisture to the skin. However, the older we get the less Hyaluronic Acid we produce and then, of course, there are also so many factors that influence our skins hydration levels, like; diet, exercise (sweating), air-conditioning, weather, alcohol and even stress.

Signs of Skin Dehydration;

- Fine, crisscrossed lines especially around the cheek area
- Redness
- Skin feels tight, especially around the mouth/eyes
- Fine lines around cheek, lip & eye area

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Exfoliation

Keeping the skin free from dead skin cell build-up is not only going to keep your skin clean and clear - it's going to give the skin it's best chance of absorbing all the goodness from your skincare products. Make sure you are regularly exfoliating for your skin type and also using the right type of exfoliation for your skin.

Serum Vs Moisturiser

The key to keeping the skin hydrated is using a serum that contains hyaluronic acid and binding that to the skin with a moisturiser for your skin type. All skin types should be incorporating hyaluronic acid into their skincare regime because all skins suffer from dehydration and when left untreated this can lead to unwanted skin conditions including sensitivity.

Serum and moisturiser do different things and need to be used together for best results. Serum targets the deeper layers of the skin whilst moisturiser locks in all that goodness whilst protecting the surface layers of the skin.

Glowing Skin Is Always In...

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Water

It seems so simple, but really upping your water intake will do wonders for your skin. I always recommend 2-3L every single day to help flush toxins and keep the skin as hydrated as possible from the inside.

Sun Protection

The sun dehydrates our skin massively! Prevention is always better than cure. Now is the time to incorporate an SPF 50+ Day Creme into your daily skincare - 365 days a year!

Masquing

A weekly facial masque to help combat dehydration is the perfect skin treat. Whilst there are plenty of masques out there designed to hydrate, nourish and protect the skin - I have found sheet masques can be most effective for that instant skin fix. Of course make sure you get a sheet masque that targets hydration because all sheet masques do different things to the skin. You can also massage all the goodness into the skin with a facial roller while the sheet masque is sitting on the skin - just to amplify your results.

Glowing Skin Is Always In...

SKINCARE TIPS FOR

Dewy, Glowing Skin

- ◆◆ Increase water intake to 2-3L per day - add fresh lemon or lime
- ◆◆ Add more good fats to your diet - avocados & walnuts
- ◆◆ Facial massage to stimulate circulation & increase natural glow
- ◆◆ Add a serum with Hyaluronic Acid into your skincare regime
- ◆◆ Instant 'skin fix' with a Sheet or Eye Masque to replace lost hydration
- ◆◆ Pick at least 3 alcohol-free nights per week - and enjoy them
- ◆◆ Leave a minute or two between your serum & moisturiser application
- ◆◆ Exfoliate weekly for your skin type
- ◆◆ Commit to your skincare regime - day and night
- ◆◆ Avoid the sun and make sure your day creme has a high SPF

PRODUCT RECOMMENDATIONS

Skin Dehydration

Products suggested below are available online
www.theglowknow.com.au



- ♥ BAMBOO SHEET MASQUE SET X 4
- ♥ ADVANCED LIP & EYE TREATMENT SERUM
- ♥ MICRO-DERMABRASION 2 STEP KIT
- ♥ INSTANT RECOVERY EYE MASQUES X 4
- ♥ MOISTURISING SYSTEM WITH HYALURONIC ACID
- ♥ SMART SHIELD SPF 50+ DAY CREME
- ♥ AQUA BOOST SUPPLY

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