

8 TIPS TO PREVENT DRY SKIN

Unsure how to Prevent Dry Skin?

If you're not sure how to stop dry skin in its tracks, we got you. Listed below are proven methods that keep your body thoroughly moisturized and flake-free.

Skip the Soap

Not really. We just want you to be mindful of the products you put on your body. Make sure the solutions you use are all-natural or are made with glycerin, lanolin, or hyaluronic acid. These ingredients will help your skin maintain essential oils and optimum moisture.

Maximize Moisture

This autumn, do yourself a favor and moisturize after washing your hands and after you bathe. This will minimize irritated and dry skin—especially if you have hard water. Don't forget about your elbows, ankles, and knees! They need love too.

Thicker is Better

Summer is naturally more humid than fall and winter. When seasons shift, be sure to apply a thick, hand cream to soothe rough or dry skin. Keep hydration within arm's reach with a travel-sized cream in your car, on your desk, and beside your nightstand.

Exfoliate Regularly

Get the glow you want with year-round exfoliation. Treat yourself to a much-needed facial or make an all-natural exfoliant at home. Rid your skin of dead cells that may impact your body's ability to absorb and retain moisture.

Drink That Water

It may not be your favorite beverage to drink, but H2O is essential to healthy hair, skin, and nails. Try to start and end your days with an 8oz glass of water.

Create Your Humidity

No matter your location, you can maintain moisture in the air with a humidifier. When temperatures change this device is a serious game changer. If you can, keep one in your home and office.

Dress Accordingly

Long sleeves and scarves protect your skin from intense weather. For added hydration, apply thick hand and foot creams before putting on socks and gloves.

Break Up With Baths

Hear us out. We love a good bath as much as anyone, but does it have to be an hour-long activity? Try your best to limit the amount of time you spend soaking in a steaming tub. And don't forget to hydrate from head to toe when you get out. Your skin will thank you.