

Skin Care



Treatment and care for dry skin

Dry Skin

Dry skin normally happens because the skin is unable to hold moisture. Symptoms of dry skin include scaly, itchy and rough skin. This can cause a burning feeling on the skin and scratching because of skin itch. Scratching can cause scars to form on the skin.

Dry skin that is not moisturised might crack. When the skin cracks, germs can enter the skin easily and cause infections.

Causes of dry skin	
Dry air	» In areas where there is low moisture in the air, moisture is drawn out of the skin into the air.
Long, hot shower	» Bathing in hot water for long periods of time can wash off the natural oils that provide protection to the skin.
Detergents and soaps	» Soaps can remove the protective oils on the skin.
Sun exposure	» Too much exposure to sunlight increases water loss from the skin and also causes wrinkles and loose skin to form at a younger age.
Medicines	» Some medicines used to treat high blood pressure, acne or other skin conditions can cause dry skin as a side effect.
Medical conditions	» People suffering from medical conditions such as low thyroid levels, diabetes or psoriasis often have dry skin.

What can you do?	
Avoid harsh soaps	» Use mild skin cleansers or shower gels with added moisturisers. Do not use rough sponges or scrubs on your skin.
Warm water and short showers	» Showers should not be longer than 5-10 minutes. Instead of using hot water, use lukewarm water. After showering, pat dry your skin instead of rubbing your skin with a towel.
Skin moisturisers	» Moisturisers protect your skin by preventing water from escaping. The best time to use a moisturiser is immediately after bathing when your skin is still moist. » People with dry and sensitive skin should get mild moisturisers that do not have fragrance or alcohols. » Moisturisers that are oil-based help to trap moisture in the skin better. » Urea cream is one of the best choices of moisturisers as it can greatly increase the skin's moisture.
Water	» Drinking water is the best way to keep your skin hydrated. You may also eat more fruits and vegetables with high water content, such as oranges, watermelons or cucumbers.

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