

## Gayle Whitehead / Body Resultz Skin Care

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### Hydration vs. Moisturization

**(Why you must use BOTH! Call Gayle for your recommended products ASAP)**



While the words hydration and moisturization are often used interchangeably in the skincare industry, there is a difference between the two. Both products help make sure the skin gets the water it needs to prevent dehydration and fight aging and environmental damage. The difference can be found in the way they go about achieving these goals.

The term hydration refers to the water content in the cells. Water causes the cells to swell, helping the skin maintain its supple plumpness. When water leeches out of the skin cells, they become dehydrated which leads to dull skin tone. A topical hydrator, called a humectant, infuses the skin cells with water in addition to boosting its ability to absorb moisture as well as essential nutrients.

Moisturizing, by comparison, is about trapping water in the skin. It's about building and protecting the skin's natural protective barrier to prevent water loss. It also helps keep your skin soft and smooth. Nourishing ingredients, called emollients, are used prevent water loss and maintain a healthy barrier.

#### **Which One Do You Need?**

All skin types require both hydration and moisturization, though one may take priority over the other for certain skin types.

For example, if you have dry skin (skin that lacks oil), rebalancing both hydration and lipids is important. A good moisturizer can help prevent trans epidermal water loss. It can restore the skin's healthy barrier and plumpness. If your skin is dehydrated (lacking water), however, focusing on humectants is more likely to be beneficial. Your skin cells need to absorb more water. As a reminder, any skin type can suffer from dehydration, while balancing lipids will vary by skin type.

If you struggle with dull complexion or the visible signs of aging, your skin is likely battling dehydration. When the skin cells lack water, they lose volume and essentially shrivel which can exacerbate the appearance of fine lines and wrinkles in addition to affecting your complexion.

