

Which Products Really Work With Dry Skin?

Looking after your skin can be a hard task, but if you can manage to look after it, in turn it can help to make you look and feel a lot better. As with everything in life, there are things that are out there which can destroy the skin. Dry skin is a common skin problem which can be a nuisance for the people who suffer from it.

The reason why our skin usually remains healthy is because of the glands which release an oily substance called Sebum. The Sebum helps to keep the skin moist and waterproof. The Sebum also acts together with natural oils to form a barrier which protects against foreign substances. It also keeps water inside the body for as long as possible.

When this barrier is no longer intact, the skin will suffer from an increased moisture loss and this is generally what causes dry skin.

The Products Which Work

The older you get, the harder your body finds it to produce the natural oils. It is not only older people who are susceptible to having dried skin however, babies and young children are also likely to develop it at some stage. This is due to the glands which produce the oils, not having properly developed.

You may have noticed that there are a fair few treatments out on the market, and sometimes it can be a bit overwhelming. Dry skin symptoms tend to vary from person to person and so it may be worth trying a few products to see which one is most suited to you.

Emollient Therapy

One option which is a good treatment to try is a complete emollient therapy. To treat dry skin and other skin conditions, emollients are often used. The reason they are so common, is because they are very effective moisturizers which vary in the way that they work. They help to keep the skin moist and flexible which really helps to relieve the itchiness often brought on by dry skin.

Emollient therapy generally includes the use of either an emollient cream or emollient oil. These provide excellent moisture and they really help to relieve the mild and moderate symptoms of dry skin, without the use of stronger treatments such as steroids, needing to be used.

However, it is not always easy choosing the right emollient. Not all emollients will work for every single person. Therefore it is essential that you try out some of the emollients out on the market, before deciding which one to actually go with. Keep trying out products until you are happy with them as that way you are most likely to keep using them.

Thick Creams and Ointments

If you are more susceptible to having extremely dry skin or brittle skin, ointments and thick creams are more usually more suited for your skin condition. It is important that you do not use these if you only suffer from mild symptoms of dry skin, as too much moisture can often clog up the pores.

Lotions

A lotion can be used to help soothe hot and dry skin. The benefit of these is that they are often light and they will clear up minor symptoms of dry skin without many problems.

Overall, whichever treatment you choose to use, the main thing to remember is to apply them liberally and frequently. Moisture is constantly needed with dry skin and so drinking plenty of water will also help. Dry skin can be a pain but by avoiding bubble baths and replacing them with an emollient bath, you should find that it clears up quite quickly. Do not suffer when there is no need to, whether you have mild or severely dry skin; there is a treatment out there for you.

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