

# Moisturising vs. Hydrating. What's the Difference?

As our fellow skin care lovers know, maintaining your skin's health is crucial to your overall health. One of the easiest ways to do that is to keep it nourished. When we talk about combatting skin conditions, we often use the words "moisturising" and "hydrating" interchangeably. But, are they really the same? Let's discuss.

## Dry Skin vs. Dehydrated Skin



Before we get into the difference between moisturising and hydrating, we have to consider the difference between dry skin and dehydrated skin.

We all are familiar with dry skin. It can flake, itch, and cause an overall dull, rough, or lackluster appearance. Usually, it's determined by genetics, hormonal or environmental factors that affect your skin's natural oil production. If you're dealing with dry skin, you're dealing with a lack of oil.

Dehydrated skin, on the other hand, is caused by a lack of water.

When you don't drink enough water, it shows on your skin, leaving it less elastic and supple. Any skin type can suffer from dehydration, even oily skin. And, understanding dry skin vs. dehydrated skin is the key to knowing whether a moisturiser or a hydrator is right for you.

## Moisturisers vs. Hydrators

We've already mentioned how seemingly interchangeable these two terms are. However, it may surprise you to hear that moisturisers and hydrators do different things. The one you should incorporate into your routine depends on the state of your skin. Here's how to know if one (or both!) is what you need.

### Use a Moisturiser if...You Have Dry Skin

Moisturiser is dry skin's best friend. These skin care essentials go to work on your skin barrier to help protect your skin from damage and loss of water. Plus, if you have dry skin, your skin isn't producing enough lipid cells on its own. Moisturisers can help lock in moisture, keeping your skin soft, supple, and plump.

We recommend our DayTime and Evening Moisturisers for this concern. These skin care essentials are specifically formulated for dry skin with nourishing oils and antioxidant vitamin E to moisturise and protect skin from environmental factors.

## Use a Hydrator if...You are Dealing with Dehydration

Dehydrated skin loves a good hydrator. Our current favourite? Climate Control! Hydrators contain humectants, which work to attract and bind water to dehydrated skin. The humectant in Climate Control is sodium hyaluronate, which helps skin feel supple, protects against moisture loss, and helps skin regain moisture content.



## Use Both if...You Want Extra Protection

There's nothing wrong with doubling up! If you choose to go this route, be sure to apply your hydrating products first, followed by your moisturiser of choice. This routine lets you add maximum hydration and moisture to the skin while locking it all in.

When crafting your skin care routine, it's important to assess your skin's unique needs. Determining whether you need moisturisation, hydration, or both is a great place to start. Your skin will surely thank you!

