

### Chapter 1 : Dry Skin and Moisturizers: Chemistry and Function - Google Books

*Dry skin can happen for a number of reasons, including weather changes or skin conditions. No matter the cause, dry, itchy skin is annoying and the best way to soothe your skin is to moisturize it.*

Tips for managing Dry skin is a common issue that can affect anyone. To help, dermatologists recommend following these bathing tips to get dry skin relief. Here are tips that can prevent dry skin or keep it from getting worse. Do not use hot water. Hot water removes your natural skin oils more quickly. Warm water is best for bathing. Use a gentle cleanser. Soaps can strip oils from the skin. Stop using deodorant bars, antibacterial soaps, perfumed soaps, and skin care products containing alcohol, like hand sanitizers. Look for either a mild, fragrance-free soap or a soap substitute that moisturizes. Limit time in the bathtub or shower. A 5- to minute bath or shower adds moisture to the skin. Spending more time in the water often leaves your skin less hydrated than before you started. Do not bathe more often than once a day. Moisturize right after baths and showers. To lock in moisture from a bath or shower, apply a moisturizer while the skin is still damp. Before you shave, soften skin. It is best to shave right after bathing, when hairs are soft. To lessen the irritating effects of shaving your face or legs, use a shaving cream or gel. Leave the product on your skin about 3 minutes before starting to shave. Shave in the direction that the hair grows. Change razor blades after 5 to 7 shaves. A dull blade bothers dry skin. Keep the air in your home moist with a humidifier. Apply cool cloths to itchy dry skin. At bedtime, apply a lip balm that contains petrolatum. Other names for this ingredient are petroleum jelly and mineral oil. Cover up outdoors in winter. In the cold, wear a scarf and gloves to help prevent chapped lips and hands. Be good to your face. If you have very dry skin, cleanse your face just once a day, at night. In the morning, rinse your face with cool water.

### Chapter 2 : Best Dermatologist Recommended Moisturizers for Dry Skin | Lookbook

*Neutrogena Healthy Skin Anti-Wrinkle Cream is a fragrance-free moisturizer you can use for the dry skin on your face. Take note that this is a retinol face cream so, in essence, it can help reduce the appearance of fine lines and wrinkles.*

Chemistry and Function was the first book devoted to all aspects of moisturizers, a subject often given short shrift in dermatology texts. It quickly became a standard reference. In the past five years, there has been an explosion of new information relating to the nature of dry skin and its treatment. With more than scientific papers on dry skin published in the last five years, the advances in the field have been nothing short of stunning. Completely revised and updated, this second edition presents the most recent research findings and contains highly relevant information for future possibilities to scientifically tailor efficient products for dry skin. The book focuses on constituents in moisturizing creams and pharmaceutical preparations and their effects on dry skin disorders. It covers regulatory and safety issues and includes pertinent information from neighboring research areas. With contributions from internationally recognized, world-class scientists, the book comprehensively summarizes current knowledge from basic science to clinical practice. The combination of detailed information about the skin with in depth coverage of moisturizers makes this book a one of a kind resource. Table of Contents Introduction: Perspectives and Prospects, A. Proksch Itch Associated with Dryness of the Skin: The Pathophysiology and Influence of Moisturizers, B. Yosipovitch Effects of Moisturizer in Psoriasis, J. Biological and Biophysical Effects, J. Key to Skin Moisture, R. Stern Hydrophilic Pastes, B. Hoppe Essential Fatty Acids: Boissy Vitamins and Skin, A. Gauger Moisturizing Cleansers, K. Measurement of the Coefficient of Friction, R. Berardesca Stratum Corneum Tape Stripping: Relationship with Dry Skin and Moisturizers, F. Maibach Stinging and Irritating Substances: Their Identification and Assessment, K. Basketter Sensitizing Substances, A. Goossens Regulatory Aspects on Safety, M.

### Chapter 3 : Best Moisturizer For Dry Skin – November Reviews and Top Picks

*Dry skin is caused by a deficiency in the necessary healthy fats in the top layer of the skin – cholesterol, fatty acids and ceramides – which are essential to normal skin function.*

Check new design of our homepage! Read ahead to know how to select one that is ideal for your skin type. BeautiSecrets Staff Dry skin requires a little extra care. People with dry skin normally face problems during the winter season that takes away the natural oils of skin leaving it extremely dry. Problems persist during other seasons also. The skin feels stretched after washing every time. However, the cosmetic industry has gifted us with a wide range of facial moisturizers to overcome dry skin problems. In this article, you shall come across the different brands of moisturizers that actually work well on dry skin. You should also know the selection criterion for dry skin moisturizers. How to Choose a Moisturizer for Dry Skin? First let us tell you the reason behind the dryness. The sebaceous gland located beneath the skin secretes very little quantity of sebum causing inadequate lubrication. Hyaluronic acid, the key component that retains moisture in skin is absent or present in a negligible amount in body. With aging the skin becomes more and more dry. Dermatological disorders responsible for dry skin are dermatitis, psoriasis, and eczema. Other factors include nutritional diet deficient in vitamin A and vitamin B, and regular exposure to sun and pollution. Dry skin could also be a hereditary disorder. To eliminate such problems, a regular massage with facial moisturizers is essential. The skin care products of dry skin contain ingredients that moisturize the skin completely and have a long-lasting effect. A dry skin moisturizer is usually formulated with alpha and beta hydroxy acids, propylene glycol, sorbitol, glycerin, sodium hyaluronate, sugar, and dimethicone. Herbal based moisturizers for dry skin contain extracts of various herbs and essential oils. They have a combination of wonder herbs, like chamomile, lavender, rose, patchouli, geranium, hyssop, etc. Oils extracted from sandalwood, rosemary, olive, avocado, almond, tea tree, grape seed, etc. Natural moisturizers for face also contain extracts of passion fruit, coffee berry, banana, shea butter, cocoa butter, and honey. Vitamin E is one of the vital ingredients of dry skin moisturizer. A moisturizer that suits your face and alleviates problems of dry skin will be the perfect choice for your skin. Stop using the product in case it causes irritation and eruption of rashes, pimples, and acne on your face. However, the list mentioned is the selected range of products as suggested by people after being reviewed.

### Chapter 4 : Moisturizers: Options for softer skin - Mayo Clinic

*To restore moisture to dry skin, choose a heavier, oil-based moisturizer that contains ingredients that help keep your skin hydrated. For very dry and cracked skin, petrolatum-based products are preferable.*

**Overview** Quality moisturizers can help soothe and repair dry, itchy, and irritated skin. But with so many moisturizers on the market, how do you find one that works for you? It usually comes down to a matter of personal preference. You may choose to have a few on hand to suit your various needs. Keep reading for 10 of the best moisturizers for dry skin and to learn how to pick a healthy moisturizer for you. It absorbs quickly into your skin and hydrates without being overly oily. Shop for Nivea Soft Moisturizing Creme. Its thick consistency is nourishing when your skin is severely dry. Eucerin Dry Skin Replenishing Cream This replenishing cream from Eucerin contains 5 percent urea, which helps restore and hydrate problem skin. Avene Hydrance Optimale Riche hydrating cream This thick, creamy moisturizer is a popular French pharmacy beauty pick. It hydrates your skin and locks in moisture. Its soothing properties help to restore and rebalance dry skin. Shop for Avene Hydrance Optimale Riche hydrating cream. Ives moisturizer promises to soften and repair dry skin. Its medium consistency is good for both daytime and nighttime use. Ives Timeless Skin Facial Moisturizer. Shop for Weleda Skin Food. Created by dermatologists, it contains ceramides that help skin retain moisture and protect itself from environmental influences. Shop for CeraVe Moisturizing Cream. It can be used to relieve itching and irritation from psoriasis and eczema.

### Chapter 5 : Best Face Moisturizer for Dry Skin

*Another great choice for severely dry skin and/or eczema is this moisturizing cream from calendrierdelascience.com main difference here is the price tag "€" for just \$13, you'll get a huge ounce (!!!) tube.*

**Dry Skin and Moisturizers** The pain and annoyance of dry skin: Those who naturally have a dry skin type know what it feels like. Although dry skin is a skin type, almost everyone will suffer from dry skin from time to time. This is because the moisture level of the skin is heavily affected by environmental factors. Low temperature and humidity, as well as indoor heating are common factors that reduce moisture levels in the skin. Genetic tendencies define your overall skin type. If you have a dry skin type, you will likely have small or invisible pores. Dry skin can accentuate the appearance of fine lines and wrinkles. If dryness becomes severe, the skin may crack which can lead to bleeding and increase the chance of infection. Winter, where humidity and temperatures decrease, cause dry skin in a lot of people. Bathing too often, and bathing with hot water both dry out the skin. Indoor air conditioning reduces humidity levels, leading to dryness. A humidifier can help counteract this effect, and can be helpful during the winter. Sun exposure can also have a drying effect on the skin. In addition to protecting your skin from premature aging and skin cancer, it can also help keep your skin from drying out. Moisturizers help control dry skin in several ways. They contain humectants which draw moisture from the deeper layers of the skin to the surface, and also from the air if the humidity is high enough. Moisturizers are most effective when used on a regular basis, as a part of a skincare regimen. They should not be reserved for special occasions. Moisturizers are most efficient when applied immediately after a bath or shower before the body is completely toweled dry. This allows the moisturizer to seal in the moisture that the skin has absorbed. Choose your moisturizer based on your skin type. If your skin is extremely dry, use a Vaseline or similarly greasy moisturizer. For milder dryness, use a lighter moisturizer.

### Chapter 6 : Dry skin | American Academy of Dermatology

*A hydrating moisturizer can bring dry skin back to life. Here, dermatologists name the best facial moisturizers of , including picks from Neutrogena, cerave, and more.*

Sign up now Moisturizers: Moisturizers can protect sensitive skin, improve skin tone and texture, and mask imperfections. There are plenty of moisturizers available. Which moisturizer is best for you? On the most basic level, moisturizers hold water in the outermost layer of skin. They also act as a temporary barrier. Many moisturizers contain some combination of humectants, emollients and other ingredients. Most moisturizers are water-based as they are easier to apply and tend to not leave a visible residue after application. For general guidelines, consider the following Normal skin. Normal skin is neither too dry nor too oily. To maintain this natural moisture balance, use a water-based moisturizer that has a light, nongreasy feel. These moisturizers often contain lightweight oils or silicone-derived ingredients, such as cyclomethicone. To restore moisture to dry skin, choose a heavier, oil-based moisturizer that contains ingredients that help keep your skin hydrated. For very dry and cracked skin, petrolatum-based products are preferable. They have more staying power than creams do and are more effective at preventing water from evaporating from your skin. Oily skin is prone to acne and breakouts. Though oily, such skin still needs moisture, especially after using skin care products that remove oils and dry out the skin. A light moisturizer can also help protect your skin after washing. Lotions generally contain a higher percentage of water than creams, are easier to apply and are less likely to aggravate acne-prone skin. Sensitive skin is susceptible to skin irritations, redness, itching or rashes. Also, avoid products containing acids, which can irritate sensitive skin. As you age, your skin tends to become drier because your oil-producing glands become less active. To keep your skin soft and well-hydrated, choose an oil-based moisturizer that contains petrolatum as the base, along with antioxidants or alpha hydroxy acids to combat wrinkles. These ingredients help hold in moisture and prevent flaky, scaly skin. Keep in mind that skin type can vary, depending on environment, hormonal changes that occur in pregnancy and menopause, and disease. Getting the most out of your moisturizer To make the most of your moisturizing routine: Be willing to experiment. Find a moisturizer that fits your skin type and makes your skin look and feel soft. You may need to try several brands with varying ingredients before you find one you like. Protect yourself from the sun. You may choose a moisturizer that contains sunscreen, which performs double duty by both hydrating your skin and protecting it from sun damage. Many ingredients added to these more expensive brands are of questionable value and may include fragrances, dyes or other ingredients that do not help moisturize and protect the skin. Apply moisturizers immediately after bathing. Apply moisturizer to your hands and body as needed. Apply after bathing or showering, before exercising outdoors in cold weather, and every time you wash your hands. Although often ignored, your hands get more exposure to irritants than do any other part of your body. Use heavy creams appropriately. You can use heavy, oil-based creams on your legs, hands and feet because those areas tend to be drier. Not all moisturizers live up to their advertised claims or even contain all their advertised ingredients. The Food and Drug Administration does not regulate cosmetics “including moisturizers” as rigorously as it does drugs.

## Chapter 7 : Dry Skin and Moisturizers

*Browse AVEENO® dry skin products that moisturize, soothe, and help repair dry, cracked, and sensitive skin, leaving it naturally healthy-looking.*

Although moisturizers are everywhere, it can be difficult if not completely overwhelming to find one that actually works. The important thing is to familiarize yourself with some key ingredients. Familiarize yourself with the following ingredients: Hyaluronic acid is a humectant that retains 1, times its weight in water. This essentially means it will fill you up full of moisture and give you that gloriously dewy look. Sodium hyaluronate is the salt of hyaluronic acid. It also retains water to a remarkable degree and plumps up your skin, but has a smaller molecular weight to allow for deeper penetration. Squalane, a substance that mimics a naturally occurring lipid found in human sebum, prevents the loss of moisture and softens skin. Tocopherol is an antioxidant that fights one of the prevailing evils that damage skin more on that later. Glycerin is a humectant that effectively locks in moisture to keep skin supple and smooth. Cosmedix Phytoharmony A sure bet for mature, postmenopausal dry skin, this moisturizer nourishes and hydrates the face with the help of phytohormones. Phytohormones, or phytoestrogens, are plant hormones that are key components of plant growth. In human skin, they have estrogen-like effects. The soy isoflavones in this moisturizer are a key ingredient that can help slow down skin aging in older women. Other key ingredients like thioctic acid and DHEA help fight free radical damage and improve hydration, respectively. Thioctic acid, or alpha lipoic acid, is an antioxidant known for its ability to undo free radical damage. Free radicals are essentially unstable atoms that negatively effect skin cells and, if left unchecked, can lead to wrinkling and sagging in the skin. L-glutathione, a peptide, is another free radical scavenger that plays an important role in this moisturizer. Overall, this Cosmedix moisturizer packs quite a few punches against the most pressing skin aging concerns on the faces of mature women. SK II Essential Power Rich Cream This moisturizer features its signature trademarked ingredient called Pitera, a substance found in sake the alcoholic beverage chockfull of vitamins, minerals, amino acids and organic acids. Pitera was supposedly discovered when it was noticed sake brewery workers had extraordinarily youthful hands. Other key ingredients include niacinamide vitamin B3 , tocopherol vitamin E and panthenol a provitamin of vitamin B5. Niacinamide is highly effective in treating brown age spots that can cause skin to look mottled and older than it really is. In studies, it has also shown to firm skin, significantly improving elasticity to help skin retain its natural bounce. Tocopherol is a great and much-needed antioxidant with the power to scavenge free radicals and treat or prevent fine lines and wrinkles. It can also prevent UV damage. As UV damage is one of the main causes of aging issues like fine lines and deep folds along the face and neck, preventing this damage is invaluable. Meanwhile, panthenol is both a humectant and emollient. As a humectant, it helps skin retain water, absorbing moisture from the air and deeper in the skin to bring it up to the surface where it can effectively hydrate dry skin. As an emollient, it hydrates, softens and soothes, preventing skin from developing any lines caused by dryness. As dry or sensitive skin can become even more so due to sulfates which exist in pretty much every foaming type of product , the ability of panthenol to reduce or even completely prevent this action is very significant. This lotion also boasts the use of only ten ingredients hence the name for its efficacy in softening skin and treating other aging skin problems. Among them are silver needle tea extract, which researchers at Chanel tout for its antioxidant abilities. As previously mentioned, antioxidants help scavenge free radicals, perhaps one of the most powerful enemies of skin, causing collagen and elastin, two important proteins that keep skin taut, to become degraded. This naturally leads to sagging and wrinkling. This lotion also contains shea butter extract. Shea butter is derived from the nut of the African shea tree. It is used in numerous skin care products as an effective moisturizer that combats dry skin to keep it plump and well hydrated. Another ingredient in this product, vegetal squalane, is also a highly potent moisturizer that can seep into the cracks of fine lines and plump them up. Ultimately, this is a carefully formulated lotion providing a burst of robust ingredients that are essential for dry skin. The cucumber, algae, beet and grape extracts in this lotion all have antioxidant properties to protect against free radicals. As previously discussed, this is of utmost importance to help fight

against wrinkles. The barley and yeast extracts are also antioxidants, containing phenols and flavonoids that also provide anti-inflammatory and antimicrobial properties. Plant phenolic compounds such as these have shown much promise in the fight against aging skin. They can potentially help stimulate collagen and elastin in addition to resisting too much melanin synthesis to prevent age spots from forming. The licorice extract in this formulation works to keep skin bright, helping to treat and prevent the discoloration that occurs as we age. It is also ideal for sensitive skin. Finally, this formulation contains sodium hyaluronate, the salt of hyaluronic acid, and linoleic acid, two greatly effective ingredients for providing hydration. Sodium hyaluronate is smaller than hyaluronic acid molecules, making it more penetrative. Like hyaluronic acid, it also retains high amounts of water in the skin. As you can imagine, this allows for intense hydration. Linoleic acid is an omega-6 essential fatty acid also has the ability to retain moisture, allowing for well-hydrated, plump skin to be achieved. Benefiance WrinkleResist24 Night Cream This lotion is the perfect nighttime moisturizer for dry skin. Furthermore, blood flow increases while we rest, and this allows for better absorption of skin care products. Thus, a nighttime cream can be highly beneficial and even essential in fighting off the signs of aging. This moisturizer will aid your body in repairing your skin while you snooze thanks to its extra-rich formula full of top-notch wrinkle reducing and hydrating ingredients. The key ingredients in this lotion include chlorella extract, mukurossi extract, gambir extract, hyaluronic acid and hydroxyproline. Chlorella extract is an algae extract that protects and conditions. It is rich in carotenoids, which are nutrients that protect against UV damage. Gambir extract is derived from the leaves of a shrub native to Indonesia and Malaysia. It exhibits moisture-retention properties and the ability to improve elasticity. Hyaluronic acid is one of the, if not the most, powerful moisturizers available. Naturally occurring in the body, hyaluronic acid lubricates joints and gives skin its plumpness. It has the invaluable ability to retain 1, times its weight in water, which amounts to about six liters. Researchers in recent years have found ways to reduce the molecule in size to provide for better skin penetration, although the larger sized molecule is also effective in providing surface hydration. This is an ingredient you definitely want to find in your moisturizer for dry skin. Finally, hydroxyproline has the important role of keeping collagen stable. It essentially keeps collagen from being degraded. This is crucial because collagen degradation, which happens naturally as we age, is one of the main reasons our skin develops wrinkles and begins to sag. All things aging skin desperately needs, as, with time, skin tends to become lax, develop fine lines and deep folds and overall roughen in texture. Once again, hyaluronic acid is one of the top ingredients, helping to retain as much moisture as possible to achieve that delicious, highly sought-after plumpness. We say delicious because when skin is so delightfully plump, you just want to take a bite out of it, right? Anyway, neoglucosamine is another top active ingredient that plays many roles – it improves fine lines, increases cell turnover and lightens discoloration that can make face skin look mottled and aged. Other active ingredients like maltobionic acid and Matrixyl both help prevent collagen deterioration, which is imperative in keeping skin taut. None of us want to lose collagen, but alas, it is a fact of aging. La Roche-Posay Toleriane Riche This is a moisturizer for very dry skin that is also great for sensitive skin. It has been shown to be effective against extreme dryness that includes symptoms like flakiness thanks to a rich but non-greasy formula that soothes and softens. Key ingredients include shea butter, squalane and isocetyl stearate. Shea butter is a well-known moisturizer that can be used on all skin types. It is extremely hydrating, and long-term use can show such benefits as wrinkle reduction and overall softening and smoothing of the skin. It contains oleic, linoleic, stearic and palmitic acids, all of which are helpful in providing moisture to the skin. Squalane lubricates and protects, improving skin roughness and dryness. It can even prevent loss of hydration, which will only help skin remain moisturized for longer – something we all want and need. Isocetyl stearate is also a lubricating agent, or emollient, that covers the skin to create a smooth and soft surface. Together, these three ingredients form a powerful hydrating force to keep dry skin supple and conditioned. Hydrolyzed hyaluronic acid has water-retaining properties that help fill up all the little spaces between collagen and elastin in the skin. This gives a plumping effect that makes skin look smoother and feel softer. If it helps, think of the natural plumpness of babies. They have the highest concentration of hyaluronic acid in their skin, and HA begins to diminish as we get older. Adults only have about one-twentieth of the HA that babies possess! If you want a potent boost of HA in your skin, this lotion is a godsend. This lotion also

contains shea butter and glycerin to further soften and plump, while tocopherol acetate a derivative of vitamin E helps reduce dark age spots for an even-toned complexion. Furthermore, this formulation contains antioxidant thermal spring water to combat against environmental stressors free radicals that cause heaps of damage without a proper antidote. This lotion could be a lifesaver. Key ingredients include antarcticine, imperata cylindrica and squalane. Antarcticine is a glycoprotein from Antarctica that hydrates and protects, especially from such harsh weather conditions as freezing temperatures. Imperata cylindrica is a desert plant extract that has very high amounts of potassium. This imparts the skin with remarkable hydration. Squalane, as previously mentioned, prevents loss of hydration and improves skin barrier function.

### Chapter 8 : Dry Skin and Moisturizers: Chemistry and Function - CRC Press Book

*The best moisturizer for dry skin is packed with hyaluronic acid, which can hold times its weight in water that enhances skin hydration. The moisturizers for dry skin not only inject your skin with hydration but also attract moisture from the environment and draw it deep into your dermis.*