

Skincare Tips For Managing *Dry Skin*



Limit your bathing time to five to ten minutes, especially on days with low humidity.

Bath with mild and fragrance-free soaps or cleansers.



Apply a moisturizer immediately after drying your skin post-bath.

Use moisturizing creams and ointments rather than thin lotions.



Look for body creams containing hyaluronic acid, jojoba oil, and shea butter.

Use sensitive-skin-friendly and fragrance-free skincare and body care products.



Apply a non-sticky hand cream every time you wash your hands.

Reference:

1. Dermatologists' Top Tips For Relieving Dry Skin; AAD