

DEHYDRATED SKIN

by Kathryn Leverette, L.E., nationally certified aesthetic specialist

DEHYDRATED SKIN IS NOT A SKIN TYPE,
BUT A SKIN CONDITION.



DEHYDRATED SKIN IS WATER-DEFICIENT,
WHILE DRY SKIN IS LIPID-DEFICIENT

Dehydrated skin often over-compensates for itself and produces more oil, due in part to overexfoliation and cleansing, hard water, and product overuse.



Dehydrated skin requires mild, low lathering cleaning, gentle exfoliation, hydration, and protection.



Dehydrated skin can be improved by hydrators that attract water molecules into the epidermis from underlying skin layers and the air.



Dehydrated skin must always be shielded from ultraviolet rays with physical sunscreen.



To read more of this infographic, visit DERMASCOPE.com.

Recipe Box

Gentle Ayurvedic Cleanser

by Pratibha Masand Sachdev, L.E., M.A., CIDESCO, certified holistic health coach

This wonderful family recipe is inspired by the beauty of my grandmother and wonderful aunts.

Ingredients:

- 4 tablespoons finely-powered chickpeas (besan flour)
- 1 tablespoon of organic sesame oil
- 1 tablespoon of milk
- 1 tablespoon of honey
- 1 tablespoon of purified water
- 1/4 teaspoon powdered bentonite clay
- 1/4 teaspoon finely-powdered herbs*

*Herbs can be chosen by the professional, such as tulsi, mint, or rose petal powder.

Directions:

Blend the chickpea powder, clay, herbs, and liquids.

To Use:

Apply over the entire face, avoiding the eye and lip areas. Allow to dry for 10 minutes, then gently remove in an upward sweep. Remove excess with a wash cloth and tepid water to reveal gentle, yet thoroughly-cleansed skin. Your client's skin is ready for radiance!

