Dry or dehydrated skin: what to do

Use these steps from the article to sort out which problem your skin has.

- [ ] Check your skin 30 minutes after washing and note how it feels.
- [ ] Pinch the back of your hand for a few seconds and watch the bounce back.
- [ ] Take the skin type quiz for a first estimate of your type.
- [ ] Limit baths and showers to 5 to 10 minutes in warm water.
- [ ] Pat the skin dry and moisturize while it is still damp.
- [ ] Choose a cream or ointment instead of a lotion for dry skin.
- [ ] Add glycerin or hyaluronic acid when skin is dehydrated.
- [ ] Wear broad-spectrum sunscreen with SPF 30 or higher daily.
- [ ] See a dermatologist when skin stays dry, painful or irritated.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/skincare/dry-vs-dehydrated-skin/