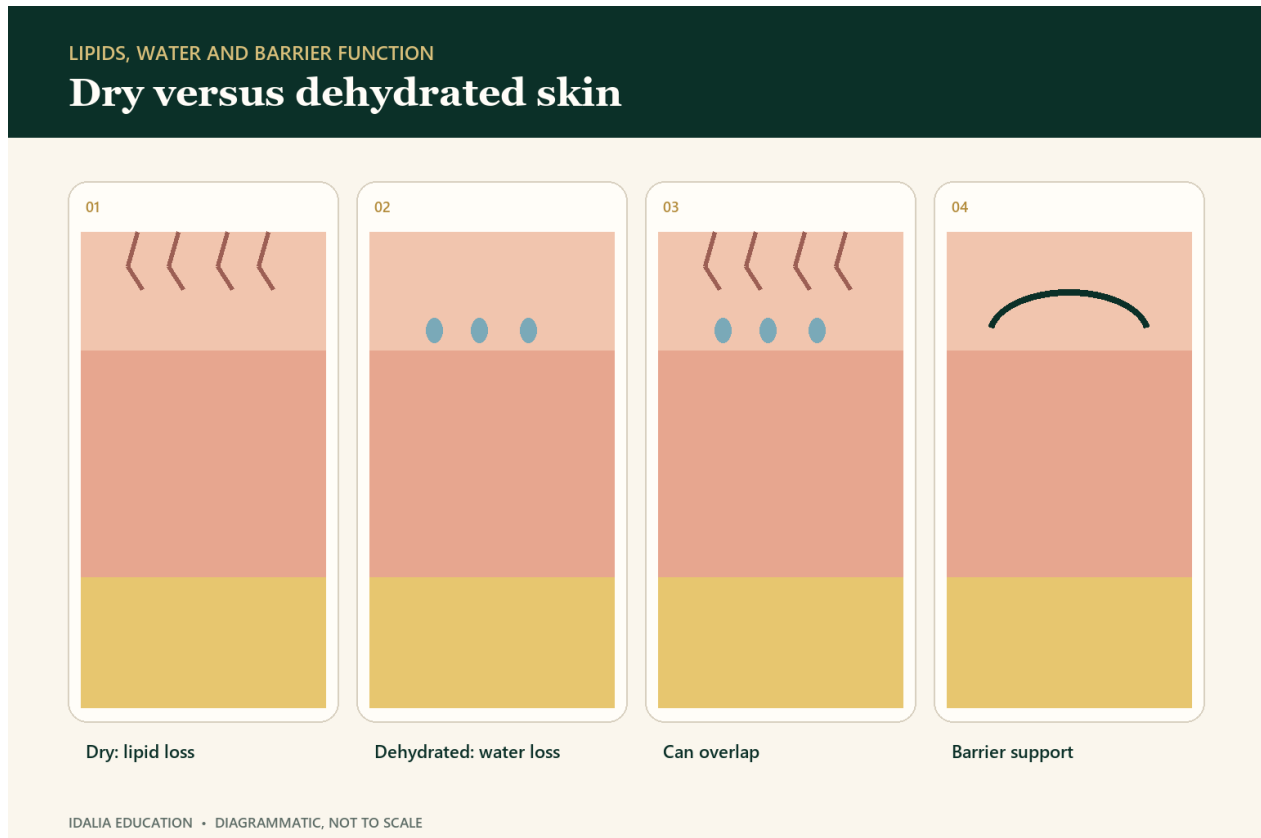


Dry versus dehydrated skin

Dry skin lacks enough surface lipids; dehydrated-looking skin has reduced water content. Oily skin can still feel dehydrated, and both can overlap.



What it means

Dry skin is a skin type or condition associated with reduced oils and barrier lipids, often feeling rough or flaky. 'Dehydrated skin' is a cosmetic description for reduced water content and tightness. Weather, over-cleansing, active products and inflammation can contribute.

Important limit

A facial can improve comfort and temporary surface hydration, but persistent itch, cracking, dermatitis or widespread dryness needs diagnosis and treatment rather than repeated exfoliation.

Dry versus dehydrated skin

How Idalia may support you

Route	Purpose	Starting point
Hydration facial	A gentle cleanse, humectant layer and cream finish selected by tolerance	From GBP 45
Rosacea-Calm Facial	A no-heat barrier route for stable redness-prone or easily irritated skin.	From GBP 65
Skin-quality consultation	Compares topical support with injectable or needling routes.	Consultation

A useful home-care foundation

- Use a fragrance-free cream or ointment
- Apply moisturiser after washing
- Prefer lukewarm water
- Combine humectant, emollient and occlusive support

Pause and seek appropriate review when

- Cracking, bleeding or infection
- Persistent itch or rash
- Widespread sudden dryness
- Possible eczema, psoriasis or systemic cause

Remember

This leaflet is general cosmetic education. It does not diagnose a condition, confirm suitability, replace medical advice or act as treatment consent. Individual response and recovery vary.

Read the full guide: <https://starwellness.studio/dry-vs-dehydrated-skin.html>

Idalia Aesthetics & Wellness - Dudley and the West Midlands