

Dry Skin

Dry skin is a very common problem that most people experience at some point in their life. It affects men and women equally and is characterised by **parched, dull looking skin, flakiness, dry patches** and **skin itching**.

The elderly are more likely to experience dry skin as they tend to have reduced levels of natural skin oils. Those in ill-health or on medication may also experience skin dryness.

Body changes such as **pregnancy** or **menopause**, **changes in climate**, and **reactions to irritants** such as using a different **washing powder** may all cause dry skin.

Certain jobs or hobbies can trigger dry skin, particularly those which require regular hand-washing such as nursing or catering, or activities that involve regular exposure to chemicals, such as hair-dressing. Extreme dryness can cause the skin to crack, which can then become infected causing inflammation and itching. This is particularly common on areas of the body which may have reduced blood circulation such as the heels of the feet.

Tips For Coping With Dry Skin

- Apply a moisturiser regularly, especially after showering or bathing.
- Consider a humidifier during the winter months to stop the air in your home becoming too dry when you turn the heating up. Try placing a saucer of water near your radiators.
- Turn the temperature of your shower down a couple of notches, as very hot water can strip your skin of its natural oils.
- Use natural skincare products when possible to reduce your toxic load, and limit contact with harsh chemicals in cleaning products by wearing gloves or switching to natural alternatives.
- Hydrate from the inside by drinking water throughout the day.
- Ensure you are getting the right nutrients by eating a balanced diet. Investigate eating foods that contain omega oils and a wide range of vitamins and minerals to nourish the skin.
- Take regular gentle exercise to keep your body moving and reduce stress. The endorphins will help you feel great and your body will function better when stress is reduced.



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