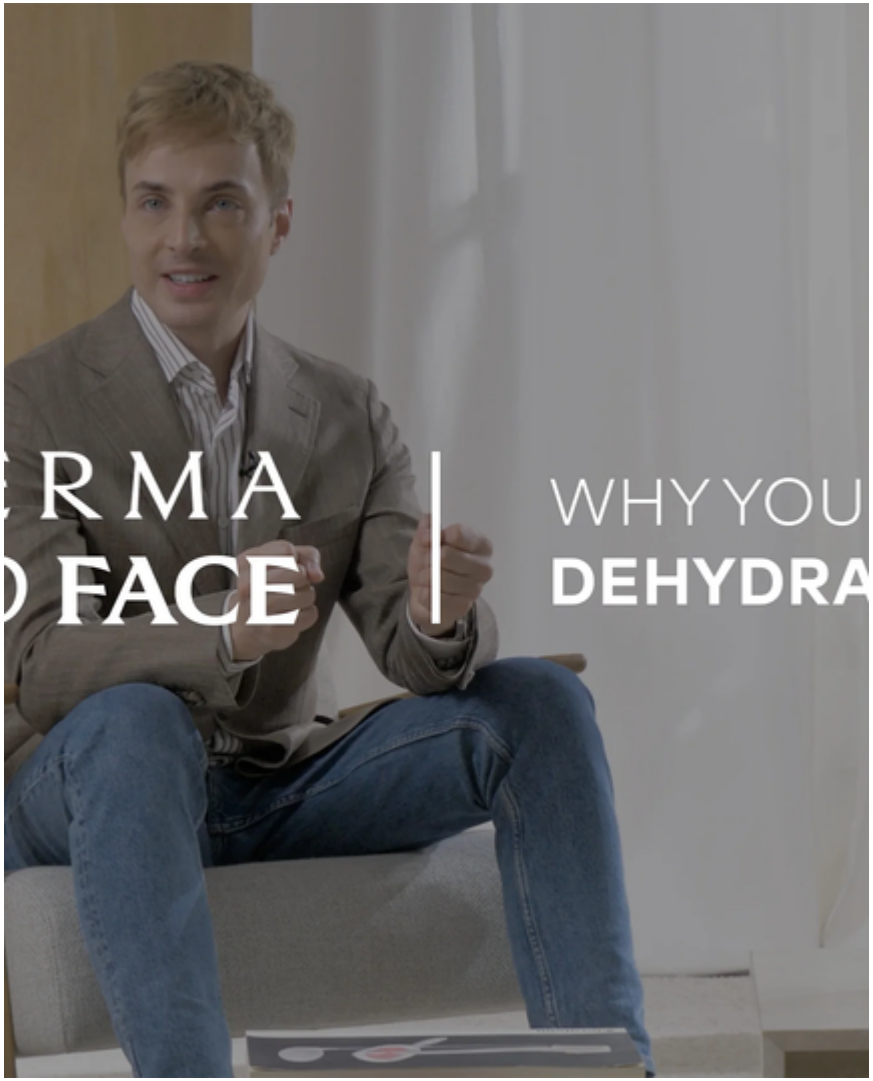

What is the difference between dehydrated skin and dry skin?

Why you get dehydrated skin

Dehydrated skin and dry skin sound like they could be the same thing but are actually not, according to dermatologists (skin doctors).

As Dr. Christoph Martschin explains, dehydrated skin is a temporary condition caused by for example dry indoor climates and dry air during the winter season.

Dry skin, on the other hand, is a more permanent condition where the skin does not produce enough lipids (oil and other fatty substances) and therefore cannot retain moisture within the skin.

There are treatments that can help restore the skin’s moisture content. Watch the video below to find out.

Read more about skinbooster treatment for dry skin here: When to use a skinbooster treatment for dry skin | Galderma Aesthetics

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