

When to use a skinbooster treatment for dry skin

Dry skin can have many causes. Even though we change our lifestyle and try different types of skincare products, we still might not get that deep hydration and naturally glowing skin that we desire. An option that can help in these situations is a skinbooster treatment. Here we will discuss when to use a skinbooster and how the treatment can help improve skin quality by making the skin more hydrated and radiant.

Why is there a need for something called a skinbooster?

Many people suffer from different kinds of skin problems and skin dryness is one of them. For someone with perfectly normal skin, dry skin might not seem much of a problem. The severity of a skin disorder is however only weakly related to the psychosocial stress and anguish for the individual. A person with mild symptoms might suffer more than someone with severe symptoms. It all depends on the individual perception of the problem.[1]

Dehydrated skin can feel tight and uncomfortable. We might think the skin looks dull and unhealthy and perhaps that it doesn't reflect who we are. We're missing that healthy glow that others seem to have without doing anything. So, no wonder that some of us feel the need to boost our skin quality somehow, hence why there is a treatment called a "skinbooster".

Different treatments that can relieve dehydrated skin

There are different treatments for dry skin. Many people will manage the dryness with skincare products, perhaps in consultation with a dermatologist.

Lifestyle changes can also improve the condition of the skin, for example getting enough sleep, eating healthy and training. To quit smoking and avoid excessive UV exposure is perhaps the two most important things we can do for our skin.[2]

Then there are also aesthetic treatments, such as a skinbooster, that can help improve skin quality by making the skin more hydrated and elastic.[3-5]

Thoughts and questions about skinbooster treatments

Though skinbooster treatments have been on the market for many years, it's probably a new concept for many of us that might raise a few questions. When are you supposed to use it? What does a skinbooster do for the skin? How can it help relieve the dryness and tight feeling?

And what if it's not the face that's the main problem but for example the hands, can you have a skinbooster there as well? Also, how long does it last?

The best way to explain what a skinbooster treatment really is, is to start with taking a closer look at the skin.

Hyaluronic acid, the key molecule for skin hydration

In the skin, both in the outermost layer, the epidermis, and in the deeper layer, the dermis, there's ample amounts of a molecule called hyaluronic acid (at least if you have young skin).

Hyaluronic acid is a molecule that can bind large amounts of water and is key to skin hydration.[6] As the skin ages, the hyaluronic acid in the epidermis will decrease. When we are very old, the hyaluronic acid in the epidermis has entirely disappeared.[6]

In the dermis, the hyaluronic acid will still remain, but it will be bound tighter to the tissues, so the molecule has a diminished ability to retain water in the skin.[6] These changes contribute to the feeling of and visible signs of dryness and loss of elasticity.

It doesn't make any difference if it's genetic aging or aging due to external factors such as smoking or UV exposure. They can all lead to a loss of hyaluronic acid as well as to other changes in the skin that come with age.

A skinbooster treatment improves skin hydration

The purpose of a skinbooster treatment is to increase the amount of water-binding hyaluronic acid deep inside the skin, to thereby improve skin hydration and relieve dryness.

More precisely, a skinbooster treatment such as Restylane® SKINBOOSTERS™ is an injectable treatment where micro droplets of hyaluronic acid are injected into a large area of the skin. You can think of it as if your healthcare practitioner is creating a blanket of hydration below the skin surface.

To prevent the body from immediately breaking down the hyaluronic acid, Restylane® SKINBOOSTERS™ uses stabilized hyaluronic acid that can last for several months in the skin.[4,6,7]

The results of a skinbooster treatment

Several clinical studies have shown that Restylane® SKINBOOSTERS™ can refresh the skin on the face, hands, neck and decolletage by:[3,5,9-12]

- Improving skin elasticity
- Decreasing skin roughness
- Reducing fine lines
- Improving skin hydration

Other changes are that the skin becomes smoother and more radiant looking.[13]

People of all ages can have dry and dull skin. There is consequently no specific age when you should use a skinbooster. A qualified healthcare practitioner will know if you will benefit from a Restylane® SKINBOOSTERS™ treatment, but if you experience dryness and loss of elasticity, you’re probably a good candidate.

No immediate but instead long-lasting results

Restylane® SKINBOOSTERS™ is a treatment deep within the skin. Improvements are not immediate but will be visible after some time. During this time, the amount of hyaluronic acid will be built up in your skin.

After the initial sessions, you will only need a session once every several months, or as recommended by your healthcare practitioner, to maintain the result. In clinical studies, patients have still seen improvements 12 months after the initial treatment.[3,11]

In other words, as with many good things in life, Restylane® SKINBOOSTERS™ need a bit of patience as the results will take some time, but the reward is a long-lasting effect on skin hydration, elasticity and radiance.

Learn more about Restylane® SKINBOOSTERS™

You can find out more about Restylane® SKINBOOSTERS™ on Galderma's website. A qualified healthcare practitioner can also tell you more about the treatment.

References

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