

Tips for Moisturizing Dry & Inflamed Skin



Rose and Lavender

For immediate results, try a topical burst of hydration. This refreshing spray calms skin inflammation and comes in a variety of scents.

Layering

Each step should offer something nourishing for the dryness of your skin. Nangai Oil is an antioxidant-filled serum, while broad spectrum SPF protects from further damage.

Exfoliation

Light exfoliation gets rid of dry, flaky skin to prevent dullness & breakouts. Then as you add creamy moisturizers they reach the cells that really need it. Try adding this step in your routine once a week.





Eyes & Lips

Out of lip balm?

Have you ever tried applying your eye cream to hydrate that pout?! Your skin is thinner here so this delicate cream works well.

Do you know
your skin type?
Take the quiz
[HERE](#)



Face Mask

Treating your skin to 15 minutes of a detoxifying mask will increase your cells moisture renewal. I enjoy this creamy formula that makes your skin feel and appear as smooth as a baby's bottom!



Turn Down the Heat

Resist the urge to turn up the heat in the shower.

When you go from hot to cold, the skin can become rough. Keep it a mid temp and add a hydrating lotion post-shower.