



DERMASCOPE

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SENSITIVE SKIN

WHAT IT IS

Sensitive skin is a common condition that many suffer from. Often, sensitive skin prevents individuals from using typical skin care and makeup products. Some clients have persistent reactions to certain ingredients in products that trigger an adverse reaction within their skin. Sensitive skin can react by becoming dry or flushed and can even experience breakouts and erosions. This condition usually refers to those that have frequent reactive (or more than average) inflammation to products or ingredients.

WHY IT HAPPENS

Sensitive skin can stem from a wide variety of issues. Allergies, ultraviolet sun damage, hormonal changes, and over exfoliating can cause skin to react negatively. Sensitive skin can occur from environmental stressors like pollution, climate, or travel. Medications, diet, and lifestyle can also contribute to sensitive skin.

HOW TO TREAT IT

While there are many products and ingredients on the market that work for those with sensitive skin, some may still suffer in other forms. Minimizing outbreaks and reactions to products can be as simple as taking warm baths or showers and keeping skin hydrated. Avoiding products with fragrances or drying agents (alcohol) in them can also alleviate sensitive skin issues. Using moisturizers that contain ingredients like linoleic acid, ceramides, and glycerin can mitigate the chances of outbreaks from products.

A broad-spectrum sunscreen can minimize the chances of a reaction. It may also be recommended that clients with sensitive skin avoid strong chemical peels, extreme heat or cold, and exfoliating scrubs, as these can contribute to damaging the skin's already sensitive barrier. Rose water, calendula extract, shea butter, honey, cucumber, and aloe vera are simple and effective ingredients that can benefit those with sensitive skin conditions.

THE PROS PICKED:



Dr. Wang Herbal Skincare
Nourishing Youth Serum and
Radiance Facial Oil
drwangskincare.com



Eminence Organic Skin Care
Facial Recovery Oil
eminenceorganics.com



Hale & Hush
Relief Bio-Powder
haleandhush.com