



1 You need to use a moisturiser despite our hot and humid weather.

Fact: Well-hydrated skin is less prone to sagging, wrinkles and lines, as it's more elastic and supple. And while damage from the sun is the top cause of skin damage and ageing, other external environmental aggressors, like pollution and our hot and humid climate, can still cause skin to lose its moisture, resulting in a less-than-healthy complexion. "The primary job of a moisturiser is to hydrate, moisturise and protect the skin," says Dr Low Chai Ling, medical consultant at The Sloane Clinic.

2 Water sprays and mists only hydrate the skin's surface.

While some mists and sprays have added ingredients that have a variety of skin benefits, Dr Low explains that their hydrating properties are rather mild, and often cannot penetrate deep into the skin to offer intense moisturisation. But they're still a great option if you like to refresh your skin during the day, especially at the office.

3 Even if you have oily skin, you still need to use a moisturiser.

"The skin, regardless of type or condition, needs to be hydrated and moisturised to

JUST ADD WATER

From the need to use moisturiser, you really did, to the difference between dry and dehydrated skin, Vanessa Chia talks to the experts. Presenting the 10 moisturiser commandments you need to follow - religiously

4 Dehydrated skin is not the same as dry skin.

Though Dr John Geyer, a consulting dermatologist at Khloé International, admits that dehydrated skin and dry skin can appear similarly, he believes, they should be treated differently. "Many people use the term 'dry skin' as a description of an on-going skin type, whereas 'dehydrated skin' assumes you're a temporary condition. And the skin's natural oils will mean, depending more on the weather (a lack of oils on the surface), the right answer for your skin type, and an oil-free, non-comedogenic moisturiser that will not clog pores to redden your blushing nose.

5 Skin produces oil to hydrate the skin.

When do you have dry or dehydrated skin? According to Dr Low, both dry and dehydrated skin might be characterised by tightness and fine lines, but only dry skin is prone to flakiness. She adds that many people with dehydrated skin might have skin that is oily on the surface, which is often due to the use of a cleanser that is too stripping, removing skin's natural protective oils on the surface.

6 The main moisture isn't a good thing.

Both Dr Geyer and Dr Low agree that you can over-moisturise your skin. "Using products that are too rich and containing too many oils (including some essential oils) can result in potential dermatitis - a facial rash especially around the mouth, that is caused by the excess of heavy creams and ointments," says Dr Geyer. According to Dr Geyer, just a little bit is enough. For a hydrating cream, just use a few pumps while a dollar coin-size dollop of ointment is sufficient for the whole face.

7 Besides sunscreen, moisturisers are your next best friend in the battle against ageing.

One of the key features of dry, dehydrated skin, according to

8 Don't feel a shiny complexion, perspiring loads.

While you may be tempted to feel a shiny complexion, perspiring loads, "blotting your complexion actually removes the oil on your skin, leading to red, itchy skin that is more prone to breakouts," says Dr Low. "It's important to use a powder to mattify your skin, which will absorb some shine while still keeping skin hydrated and soothed."

9 Perspiring loads doesn't mean you have oily skin.

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10 Lacking your face doesn't keep them hydrated.

Lacking your face actually causes more chapping - so a hydrating cream, having been over-dried than before, also helps from setting or jelling at your lips, or this means they produce covering which in turn, causes further dryness. Instead, blotting your face by blotting loads of water, and apply a big blob to seal the moisture in skin.

WATER GAMES
Quench your skin's thirst with these hydrating tricks.

MOISTURE
Your moisturiser for dry skin isn't just for your face. Moisturise your hair and your body too. Use a body lotion that also hydrates the skin for a youthful complexion.

Dr Low agrees: "A well-hydrated skin keeps its renewal process whereby younger cells come to the surface as dull, dry surface cells are shed. Skin has a smooth, radiant look and an even tone and texture."

9 Perspiring loads doesn't mean you have oily skin.

"Sweat glands and sebaceous glands are different," says Dr Low. Sweat glands secrete sweat, which is essentially water with ammonia, urea and salt to cool the skin as the sweat evaporates from your skin. Sebaceous glands secrete oil onto the hair and skin to hydrate and protect against bacteria.