

# A DAY IN THE LIFE OF SKIN

IMPORTANCE OF MAINTAINING MOISTURE BALANCE THROUGHOUT THE DAY



AM:  
Wake up

- Trans-epidermal water loss (TEWL) peaks while you sleep.
- You wake up with dehydrated skin.



AM:  
Shower/  
cleansing

- The combination of a hot shower plus cleansing agents in your bath products can impair your skin's moisture balance.
- Did you know that the lipids of your skin begin to "melt" at temperatures near 40C?
- Certain soap products can increase skin's surface pH; with continued use you can reset skin's pH long-term.



AM:  
Getting ready for  
the day

- It's critical to apply moisturizer in the morning to improve your skin's moisture balance.
- Don't forget the sunscreen. Did you know that your skin's ability to protect itself fluctuates throughout the day? Studies show that DNA-repair defenses may be lowest in the morning.



Work, chores,  
activity

- Whether at work or doing daily chores, stress leads to inflammation, wreaking havoc on your skin.
- Within minutes of a stress trigger, cortisol levels increase; 30 minutes later your skin's moisture balance is negatively affected.
- Yes, stress can lead to breakouts - but it can also be a cause of rosacea flushes and eczema flare-ups.



Mid-day

- Your skin's oil production peaks. Skin may look shinier.
- Skin's moisture balance is constantly fluctuating.



Lunchtime

- As soon as you step outdoors, UV rays damage skin's DNA.
- UV exposure is the greatest cause of free radical production.
- Skin barrier takes 3-5 days to recover from UV exposure, but never goes back to baseline.
- Hydration loss increases with disruption of skin's natural moisture sensor.
- UV also causes a decrease in important skin lipids.



Exercise

- With higher sweat production, skin enters a hyper-hydrated state.
- At the same time, skin pH rises (due to the neutral pH of sweat) and lipid content decreases.
- Warm and humid climate on the skin can be a hotbed for microorganism growth.



PM:  
Sleep

- Chronic poor sleep quality is also associated with increased signs of aging, diminished skin barrier function, and lower satisfaction with appearance.