

Moisturizer: the keys to get the most out of it



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Yahoo Life and Style December 6, 2019

The moisturizer is like the *little black dress* of any beauty routine. It is a basic that can not be missed and that, even the most reluctant to take care of the complexion, apply it.

Now, not because it is a traditional product we have to apply it at any time or without paying attention to its ingredients.

"The moisturizer has two functions: **moisturize the skin and contain moisture**, " explains dermatologist Dr. David Lortscher in [The Zoe Report](#) .

This is vital: **a balanced moisture barrier is the key to healthy skin** . That's right, many skin problems such as dryness, dehydration, sensitivity and acne, are symptoms of a compromised moisture barrier and can be fixed by repairing it.

The best moments to apply it (and get the most out of it)

One of the best times to apply the moisturizer is just after bathing, while the skin is still moist, dermatologist Dr. Peterson Pierre, founder of the [Pierre Skincare Institute](#) , tells us . The expert suggests drying the skin with the towel and sealing the remaining moisture in the skin with a moisturizer.

When we wake up in the morning and when we go to bed at night, there are also two key moments to use this product.

" **In the morning, the focus of the moisturizer should be protection**, " says Pierre. It is very important to prepare, moisturize and protect the skin to face the day and the innumerable environmental and irritating factors that we will encounter.

The key ingredients to look for in a daytime moisturizer include, according to the dermatologist:

- Hyaluronic acid. It is the natural skin moisturizer and can contain up to a thousand times its weight in water, but it is still light enough for daily use on all skin types. In addition, it is a powerful moisturizer that acts like a sponge and attracts water to the skin.

- Antioxidants such as vitamin C, vitamin E, green tea. They help fight free radicals that can accelerate aging.
- DNA repair enzymes. Repair damaged DNA in the skin.
- Sunscreen. Zinc is the best option, according to Pierre, because it has the broadest spectrum of coverage and is an optimal defense against harmful UV rays.
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At night, the main focus of the humectant should be the correction, minimizing and undoing the damage that has occurred during the day .

In addition to hyaluronic acid, antioxidants and DNA repair enzymes, you should look for a product that contains:

- Alpha-hydroxy acids and retinols to help with gentle exfoliation, cell turnover and collagen stimulation
- Ceramides, lipids. They are vital to help maintain and strengthen the skin's natural moisture barrier.
- Emollients such as shea butter, cocoa butter and coconut oil for dry skin.
- Essential oils for their anti-inflammatory and antioxidant effects. In addition to its moisturizing capacity that leads to a moist and youthful looking skin.

Beauty routine: when is the turn of the moisturizer

After serum. Dermatologist Dr. Devika Icecreamwala suggests applying products from the finest to the thickest. "Serums tend to be thinner than moisturizers, so I recommend that you apply moisturizer after serum," he says in *The Zoe Report* .

And after facial oil. "Occlusive ingredients form a barrier around the skin to seal moisture, so any skin care ingredient applied to a moisturizer with occlusives will not penetrate the skin as effectively," explains Dr. Lortscher.

Therefore, if you choose a moisturizer with petroleum, silicones, butters or waxes, it is better to apply it after facial oil.

The best technique to apply it

Dr. Peterson Pierre recommends **making the sign of the cross: a touch on the forehead, nose, chin and one on each cheek** . "Then, rub to spread them evenly across the face," he says.

One or two drops of the product are enough, because if you put too much you can clog the pores, explains Dr. Devika Icecreamwala.

Before making changes to your beauty routine and if in doubt, consult a health professional.