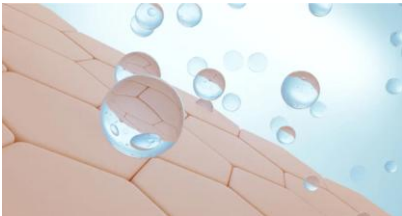


Supporting the Skin Barrier



The skin is the largest organ in the human body. Its outermost layer contains the **skin barrier**, which acts like a brick wall protecting the delicate layers beneath the surface. This barrier is made up of skin cells (the “bricks”) held together by a layer of lipids, or fats (the “mortar”). Its main role is to keep moisture in while keeping harmful substances like dirt, bacteria, and pollutants out.

The skin barrier can become damaged over time due to factors such as sun exposure, cold or dry air, pollution, harsh skincare products, physical irritation (like rubbing or scratching), and the natural aging process.

How can you tell if your skin barrier needs support?

- Skin feels dry or tight
- Redness or irritation
- Increased sensitivity
- Rough or flaky texture
- Fine lines becoming more noticeable

The Role of Hydration

A healthy skin barrier is a hydrated skin barrier. Proper hydration helps maintain the barrier’s structure by keeping skin cells plump and supporting the lipid layer that holds them together. To support hydration, it is important to care for your skin both internally and externally. To support your skin barrier and maintain its hydration, try the following tips:

- Drink at least 2 litres of water per day – more if you are sweating
- Use a gentle moisturizer with ceramides
- Use a gentle cleanser and avoid over-washing your face
- Avoid dehydrating behaviours like excessive caffeine or alcohol consumption
- Wear sunscreen daily

The Connection Between Sun Exposure and Skin Barrier Health

While a strong skin barrier cannot replace sunscreen when it comes to protection from UV rays, it does support overall skin health. A healthy barrier allows sunscreen to sit more evenly on the skin, making application smoother and more comfortable. It may also reduce irritation from sunscreen and support faster recovery if sun damage occurs.

Taking care of your skin barrier is a simple but powerful way to support healthy skin. By staying hydrated and protecting your skin from daily stressors, you can help maintain a strong, resilient barrier to enhance your sun protection in these hot summer months.

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