

## **Role of moisturisers for your skin and how to use them.**

Virtually all attraction that occurs at a distance beyond that of touch and smell is mediated by vision and thus the skin assumes an overwhelming importance as a visual target for humans. A dry skin, looking like “Biltong” is not visually pleasing. The incidence of dryness related skin problems has been showing increasing trends, due to increased lifespan, urbanisation and harsher climatic conditions as well as some medications

How does a moisturiser function?

- 1) There are occlusive oils which retard the transepidermal water loss.
- 2) Humectants –draw water from surrounding atmosphere or the deeper layers of the skin.
- 3) Hydrophobic matrices – barrier to water loss.
- 4) Sunscreens– prevent sun damage (which decreases the ability of the skin to retain its water content).

How should moisturisers be applied:

Except for humectants and hydrophobic matrices which can absorb water from the atmosphere or underlying skin layers, the more commonly used occlusive oils should be applied on a moist skin surface for beneficial results. The skin should be moistened as after dabbing it following a bath or by rubbing a wet cloth. After rubbing the moisturiser in both palms it should be lightly applied along the direction of the hair follicles. The moisturising action is usually maximally evident around one hour after use and lasts on average four hours.

One should always moisturise properly after a long bath or even can make use of bath oils. New types of moisturizers, containing by-products of filaggrin or ceramides have been developed for people who are not succeeding with common moisturizer. In case of no success, then the doctor needs to check for skin diseases, medications that can cause photosensitivity and xerosis. One should not forget simple systemic conditions like hypothyroidism and menopause, which are not uncommon contributory factors.

Locally manufactured products like Crème classique, Episone or Vaseline are excellent products.

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