



Should you ditch moisturiser for good?

Some beauty experts now claim it is bad for your skin. Could this be true?

Yes

**SAYS
KATE
TURNER**



The idea of giving up moisturiser isn't particularly new – beauty

blogs are packed with testimonials about the benefits of ditching the creams – but I'd never really given the idea much thought until I went to a lecture by dermatologist Dr Rachael Eckel which, quite frankly, made my head spin.

"I believe moisturiser misuse is a big problem, and oily moisturisers are the enemy," declared Dr Eckel, before blinding us with loads of amazing facts and stunning before-and-after photos of her patients who live without moisturiser.

For instance, did you know that our skin actually doesn't produce any oil until the age of 10? But, as adults, up to 85% of us claim to have oily skin (myself included). Oil is linked to inflammation and skin problems, and here's the thing: it serves *no purpose* in your skin. Seriously – nada. Won't stop you ageing, I'm afraid. So our aim should be

to keep skin beautifully clean, exfoliated and protected, but adding *more* oil? Nope.

The problem is that moisturisers provide a clingfilm-like barrier on the skin, trapping moisture and water but tricking the skin into thinking it's in balance.

Dermatologist Dr Terry Loong also believes that stripped-back skincare is the secret: "If the skin thinks that it has enough moisture, it stops producing its own hydration and becomes dry. Sebum production then kicks in to compensate, which leads to blocked pores and breakouts galore."

Most experts agree that we need just two ingredients in the day: antioxidants (to protect skin from damage) and SPF (the best anti-ageing defence). And you can get both in a good serum. Anything else is optional.

All I know is that I ditched moisturiser about nine months ago and my skin feels smoother, clearer and my pores are way smaller – which in itself is a big youth boost. I don't believe all moisturisers are pointless, but I do think that we have a tendency to overcomplicate our skincare routines. My face loves the less-is-more approach.

No

**SAYS
INGE VAN
LOTRINGEN**



I can't stand a beauty bandwagon, and this latest one that badmouths

moisturisers really gets my goat. No two people have the same skin or skincare needs. Some absolutely need far less 'cosmetic' hydration than others; nobody with a grain of common sense would choose a rich face cream for oil-prone skin. But to claim that the majority of people would have better skin without moisturiser is nonsense.

"If we lived in a world with no pollution, central heating, stress, bad diets, ageing or hormonal changes, where everyone had 'normal' skin and never washed, we might be able to live comfortably without a moisturiser," says Sally Penford of the International Dermal Institute. "But we don't. All these things break down skin's protective lipid barrier and leach essential moisture from the skin, which needs replacing."

Skin authority Dr Marko Lens adds, "Every face needs a moisturising product to

preserve its glow and plumpness, but you need to choose the correct ingredients." All skin will benefit from a nutrient called hyaluronic acid, to top up our own natural stores of it, which deplete rapidly with age (*not* because skin is 'tricked' by your face cream into thinking it has plenty). Most skins need added lipids (oils) to seal in the water, except perhaps very oily ones – they could make do with a serum or hydrating gel. However, *no* face needs petrolatum or mineral oil – cheap, oily substances that don't nourish but simply trap water. It's these that give moisturisers their bad name."

Lipids also rebuild the lipid barrier and are essential for skin function, so more than serve a purpose. I for one would be a cracked, scaly mess without rich healers such as rosehip oil and shea butter as part of my hydrating arsenal, while oil such as jojoba is so light, dermatologists recommend it even for nourishing and rebalancing skin with acne.

The moral of the story? If you don't get on with your moisturiser, don't bin it in a huff. Replace it with the correct one.