

Esse Retail Cheat Sheet - Dehydrated Skin

Retail Routine Suggestions for a Dehydrated Skin



Lifestyle and Treatment Recommendations

- Where possible, ensure you get around 15 minutes of uninterrupted, unprotected sun exposure per day – the production of Vitamin D has an underestimated positive effect on the skin.
- Avoid abrasive exfoliators. Choose a gentle exfoliator to use once a week at most.
- Use products containing Probiotics and Hyaluronic Acid to increase hydration levels.
- Take a good quality oral probiotic and apply a probiotic skincare treatment that contains live strains of beneficial microbes to improve the skin barrier and minimise transepidermal water loss (TEWL).
- Supplement with Magnesium and Zinc to support Hyaluronic Acid production.
- Avoid artificial atmospheres and extreme temperatures where possible. If these are unavoidable, supplement the skin by spritzing any of the Esse Mists onto the skin throughout the day.
- Ideally, avoid foaming cleansers containing surfactants as this can contribute to dehydration.

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STEP	DEHYDRATED HERO PRODUCTS	DEHYDRATED & DRY	DEHYDRATION WITH AGEING CONCERNS	DEHYDRATION WITH PIGMENTATION CONCERNS	DEHYDRATION & BREAKOUT-PRONE	DEHYDRATED & SENSITIVE
Cleanse		Make-up Remover Cream Cleanser	Make-up Remover Cream Cleanser	Make-up Remover Cream Cleanser	Make-up Remover Sensitive Cleanser	Make-up Remover Sensitive Cleanser
Mist		Sensitive Mist Live Probiotic Mist	Biome Mist Live Probiotic Mist	Biome Mist Live Probiotic Mist	Biome Mist Live Probiotic Mist	Sensitive Toner Live Probiotic Mist
Moisturise		Rich Moisturiser Ultra Moisturiser	Defence Moisturiser Restorative Moisturiser	Omega Light Moisturiser Omega Deep Moisturiser Omega Rich Moisturiser	Light Moisturiser Deep Moisturiser	Hydro Moisturiser Nourish Moisturiser
Eye Treatment		Eye & Lip Cream	Eye Contour Cream	Sensitive Eye Cream	Sensitive Eye Cream	Sensitive Eye Cream
Treatment	Hyaluronic Serum Pro-Sun D Serum Intensity Serum	Repair Oil Pro-Sun D Serum Probiotic Serum	Repair Oil Pro-Sun D Serum Bakuchiol Serum Probiotic Serum Ageless Serum Intensity Serum	Repair Oil Bakuchiol Serum Probiotic Serum Ageless Serum	Protect Oil Pro-Sun D Serum Bakuchiol Serum Hyaluronic Serum	Protect Oil Pro-Sun D Serum Resurrect Serum
Exfoliator		Cocoa Exfoliator	Microderm Exfoliator	Microderm Exfoliator	Microderm Exfoliator	Microderm Exfoliator
Mask	Cream Mask	Cream Mask	Cream Mask	Cream Mask	Clay Mask	Cream Mask



Esse Professional Cheat Sheet - Dehydrated Skin



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General Treatment Recommendations

- Massage with essential fatty acids.
- Maintain/restore the acid mantle.
- Use hydrating masks and products containing high levels of hydrating ingredients.

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STEP	DEHYDRATED HERO PRODUCTS	DEHYDRATED & DRY	DEHYDRATION WITH AGEING CONCERNS	DEHYDRATION WITH PIGMENTATION CONCERNS	DEHYDRATION & BREAKOUT-PRONE	DEHYDRATED & SENSITIVE
Cleanse		Make-up Remover Cream Cleanser	Make-up Remover Cream Cleanser	Make-up Remover Cream Cleanser	Make-up Remover Sensitive Cleanser	Make-up Remover Sensitive Cleanser
Mist		Sensitive Mist	Biome Mist	Biome Mist	Biome Mist	Sensitive Mist
Moisturise		Nourish Moisturiser	Nourish Moisturiser	Hydro Moisturiser Nourish Moisturiser	Hydro Moisturiser	Hydro Moisturiser Nourish Moisturiser
Eye Treatment		Eye & Lip Cream	Eye & Lip Cream	Eye & Lip Cream	Eye & Lip Cream	Eye & Lip Cream
Treatment	Hyaluronic Serum	Repair Oil	Repair Oil	Repair Oil	Hyaluronic Serum	Protect Oil
Ampoule	Hydroboost Ampoule	Hydroboost Ampoule	Hyaluronic Ampoule	Hydroboost Ampoule	Hydroboost Ampoule	Hydroboost Ampoule
Exfoliator		Cocoa Exfoliator	BHA Exfoliator	BHA Exfoliator	BHA Exfoliator	Microderm Exfoliator
Eye Mask		Eye Contour Mask	Eye Contour Mask	Eye Contour Mask	Eye Contour Mask	Eye Contour Mask
Mask	Omega Mask	Omega Mask	Cream Mask	Cream Mask	Clay Mask	Omega Mask
Massage		Facial Massage Cream	Facial Massage Cream	Repair Oil	Facial Massage Cream	Protect Oil
Galvanic		Sensitive Galvanic Gel	Sensitive Galvanic Gel	Sensitive Galvanic Gel	Sensitive Galvanic Gel	Sensitive Galvanic Gel