

# Damp Skin vs Dry Skin

	DAMP	DRY
• Prescription medications		✓
• Hyaluronic Acid	✓	
• Retinol (and other retinoids)		✓
• AHAs (glycolic, lactic, mandelic, etc)		✓
• Vitamin C (Ascorbic Acid)		✓
• Vitamin C (Derivatives)	✓	✓
• Benzoyl Peroxide		✓
• Ceramides	✓	✓
• Other Hydrating Ingredients	✓	✓
• Azelaic Acid		✓
• BHAs (Salicylic Acid)		✓

Damp skin is more permeable than dry skin which means that it can absorb skincare products better. Avoid using irritating actives on damp skin, some ingredients can be used on either damp or dry skin but there may be a slight advantage to using them on damp skin.