

How Your Skin Protects Itself

ACID MANTLE

A film-like covering on the skin made up of sweat and sebum that maintains an acidic skin surface pH between 4.7 and 5.6 that helps balance the skin microbiome.

SKIN MICROBIOME

A mix of normal flora, bacteria, viruses, and fungi. Imbalances in the skin microbiome are associated with a number of skin conditions, irritation, & dehydration.

