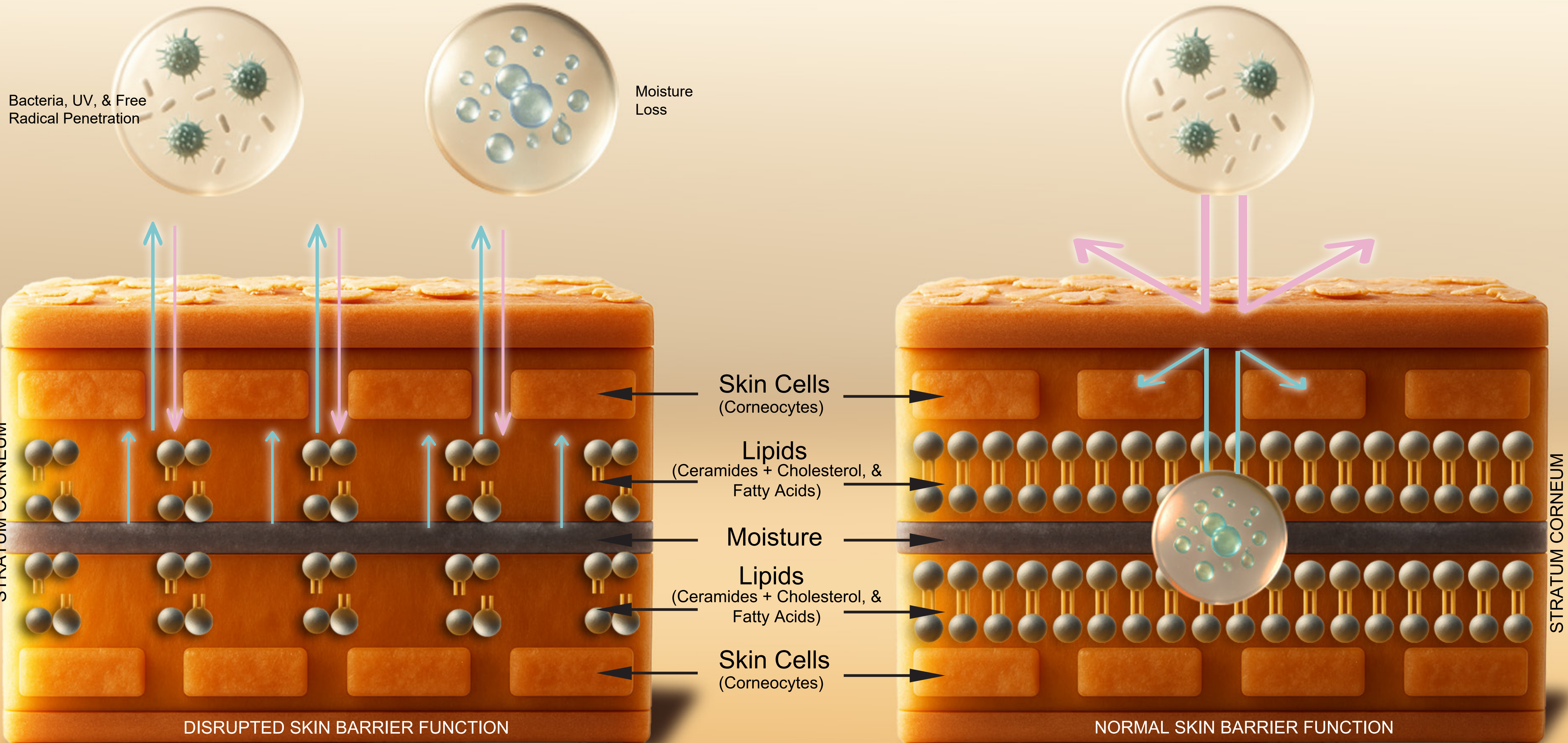


The Skin Barrier



Your skin barrier has a 'bricks and mortar' structure, where your skin cells (the bricks) are held together by a mix of lipids (mortar) to create a barrier that keeps water in your skin and irritants out. When you damage your skin barrier (e.g. overexfoliating), water can escape your skin (causing dehydration) and irritants can enter (causing irritation and inflammation).