

DEHYDRATION



Your guide to dewy skin

Understanding, preventing and managing dehydration, tightness, impaired barrier and sensitivity.
“Prevention is Power”

VIVENTESKINCARE.COM



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Understanding Dry Skin

What's Actually Going On With Your Skin?

You cleanse, you moisturise... but your skin still feels tight, flaky, or easily irritated.

Sound familiar?

That's dehydration and barrier dysfunction whispering (or screaming) for attention.

Dehydration isn't just "dry skin"—it's a lack of water in the skin. And your barrier? That's your skin's invisible bodyguard. If it's impaired, water leaks out and irritants sneak in.

Signs Your Skin Barrier is Struggling

- Skin feels tight or stinging (even after applying moisturiser)
- Redness or blotchiness that won't quit
- Flaking, fine lines, or a crepe-paper look
- Skin that suddenly reacts to products you once loved
- Makeup sits weirdly, grabs in places or flakes off

Let's be clear—this is not your fault.

But it is your skin's way of asking for a new game plan.

Step One



Proper Diagnosis. It is important to determine what skin type you should have to start.

Take a step back with home care. Use a gentle, non-stripping cleanser (jojoba oil based is an absolute hero)

What Not to do !



Avoid the temptation to scrub, peel or overload your skin with every miracle product on the shelf. Over doing it can actually trigger more reactions, stinging and flaking.

Steer clear of DIY acids, any exfoliant that is not enzyme based, or skipping sunscreen - these mistakes can set back months of progress.

Care at home



- Gentle cleansing
- Barrier repair moisturisers (to lock in moisture)
- Hyaluronic serums will give you relief.
- Omega supplements.
- High-quality sun protection (not broad spectrum chemicals)
- And please — no random TikTok hacks on raw skin. Your barrier deserves better!

More Caring at Home ...



A gentle routine that gives relief.

Dehydrated skin can be sensitive, reactive, and easily overwhelmed.

The good news? You don't need a 12-step routine or a drawer full of fancy jars. What you do need is the right mix of gentle products, used the right way, in the right order.

Let's break it down:

💧 Step 1: Gentle Cleanser (AM & PM)



No foaming. No scrubbing. No “invigorating” anything.

Look for a soothing, non-foaming cleanser that rinses clean without stripping your skin.

Key words to look for: “calming,” “barrier support,” “sulfate-free.”

Sometimes not cleansing at all in the morning will be better than cleansing with oil-blotting products!

💡 Vivente Tip: Always pat dry with a soft towel—don't rub like you're drying the dishes!

💧 Step 2: Hydrating Mist or Serum



When your skin barrier is compromised, it means hydration is key. A soothing mist or serum with hyaluronic acid, niacinamide, or panthenol can calm inflammation and prep your skin for moisture.

Avoid actives like Vit C, Retinols until your skin's barrier is functioning better.

Giving the Love



🧴 Step 3: Barrier Cream or Moisturiser

This is your skin's security blanket. Choose a fragrance-free formula designed to reduce redness and support the skin barrier.

Think ingredients that say, "Shhh, it's okay, we've got you."

What to avoid?



- Foaming cleansers or soaps
- Fragrance (even "natural" ones)
- Witch hazel, menthol, eucalyptus, or peppermint
- Scrubs, acids, or rough cloths
- DIY skincare fads (no 'slugging' : it can make you break out)

Stop looking for Instant Results



1. Make an appointment with us at Vivente for a discovery session to learn about YOUR skin.
2. Bring along the products (including primers & foundations) that you are currently using so we can look at the ingredients
3. Get a personalised Skin Treatment Plan

Treatments That Work Wonders for Dehydration

🌿 The Essentials Facial – hydrating, calming, perfect for rebalancing skin with a Sheet Mask to lock in the goodies.

💡 LED Light Therapy – speeds up skin repair without heat or trauma

💧 Electroporation Infusions – delivers deep hydration without needles

🌸 SQT Microneedling (once the barrier is strong) – builds collagen after we've healed the surface

We assess where you're at before recommending a single treatment. No pressure, just care.



What can I add to my home regime to assist in my dry skin recovery?



hero products

Meder - HydraFill Serum & Sheet Masks
Botanical Extracts - Cleanser Prep & Cell
Nourish Booster :

Available in store at Vivente or online at
viventekincare.com

Don't go it Alone



It is easy to feel like you are all by yourself and no one understands your frustrations with your skin not behaving like you want.

There is no need to put on a brave face - ask us for help!

How fast will it get better?



The sooner you begin a healthy daily home routine with nourishing, protecting products, the sooner you will see results.

Slow and steady wins the race! There will often be set backs but we can help you get back on track fast.

Your unique pathway




Our favourite pathway at Vivente to get you quick results is :

- Skin Diagnosis
- Gentle Home Care Products
- LED (green light for calming and healing)
- Regular cooling hydrating facials
- Gentle skin exfoliants (you really don't need those 'your face will fall off type of peels!)
- We excel in selecting the most optimum treatments that give results

Things to avoid

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- Fragrance-heavy products
 - Harsh exfoliants or scrubs
 - Cleansing tools or face wipes
 - Jumping between too many products

Be Patient, Beautiful!

Healing your barrier isn't an overnight job. It takes consistency, gentle support, and a little bit of guidance (hi, that's us!). Your skin wants to repair—it just needs the right environment. The good news? When your barrier's happy, everything works better—your glow, your treatments, your confidence.



How can Vivente help?

At each visit, we monitor your progress, help you understand why your skin behaves like it does, and slow down the sensitised reactions.



Your first visit with us

Our main objective is to get your skin's barrier function back to what should be normal. We calm the skin and concentrate on normalising hydration levels so your skin becomes more resilient. Once this is achieved, we can begin the skin results with designing a treatment plan.



Your follow up sessions

All skin treatment plans and product prescriptions are regularly monitored according to your feedback and what we see. Weekly Payment Plans are available

Healthier skin is our passion here at Vivente!

Hi! I'm Kim

I have been in the beauty industry for 40+ years and I literally have seen it all. My passion is to get you feeling confident and smiling again!



Let's start your skin journey today.

There are lot's of ways to reach out to me at Vivente

email

hello@viventeskincare.com

facebook & instagram

viventeskincare

or

book online for a skin diagnosis on our website:

viventeskincare.com

Let's get in touch

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