

A FREE GUIDE FROM ANGELA GREEN

Hydration 101

Why water is the foundation of healthy skin, and how to give your skin what it's asking for.

About a 5-minute read

5 short sections



BEFORE WE START

When a new client sits in my chair, the first thing I'm looking for isn't wrinkles or dark spots. It's water.

After more than 20 years in this work, I can tell you that most skin is asking for hydration first. Get that right, and everything else you do for your skin works better.

Hydration and moisture are not the same thing

People use these words interchangeably, but they do different jobs.

WATER

Hydration

It's the water content inside your skin cells. Ingredients called humectants, like hyaluronic acid and glycerin, pull water in and help hold it there.

Hyaluronic acid Glycerin

OIL

Moisture

Oils and creams form a light layer on the surface that keeps that water from evaporating and supports your skin barrier.

Oils Creams

Your skin needs both, in that order. Water first, then something to seal it in.

“A rich cream on dehydrated skin is like putting a lid on an empty pot.”

Dry skin vs. dehydrated skin

A SKIN TYPE

Dry

Your skin naturally makes less oil.

VS

A CONDITION

Dehydrated

Your skin is low on water.

That means anyone can be dehydrated, including people with oily or breakout-prone skin. In fact, dehydrated skin often produces *more* oil to make up for it.



03 · CHECK YOURSELF

Signs your skin is asking for water

- ✓ It feels tight, especially after cleansing
- ✓ It looks dull or flat, even when you're rested
- ✓ Fine lines look deeper than usual, especially around the eyes
- ✓ You're oily but still flaky in places
- ✓ Products sting or don't seem to absorb

A simple hydrating routine

You don't need ten steps. You need the right steps, done consistently. This is a daily ritual, not a routine.

1

Cleanse gently

Skip anything that leaves your face squeaky or tight. That feeling means you've stripped your barrier.

2

Tone on damp skin

A hydrating toner adds a first layer of water and preps your skin for what comes next.

3

Treat with a humectant

Apply a hyaluronic acid serum while your skin is still slightly damp so it has water to hold on to.

4

Seal with moisturizer

Lock it all in. This is the step that keeps hydration from evaporating.

5

Protect every morning

Finish with SPF as your last step.

THE A.DOT RULE

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Press, don't rub. Pat SPF and serums into your skin instead of dragging it.

4-6
WEEKS

Give any new routine about four to six weeks. Your skin renews itself on roughly that cycle, so consistency matters more than any single product.

05 · THE WHOLE PICTURE

Hydration starts on the inside



The skin tells a story of what is happening on the inside.

WHAT I TELL EVERY CLIENT

That's why I take a holistic approach. A few habits I talk about with every client. Good nutrition = good skin.



Drink your
water

Through the day,
not all at once



Eat for your
skin

Water-rich fruits,
vegetables and
healthy fats



Watch the
stress

It shows on your
skin, often before
you feel it



Protect your
sleep

Your skin does its
repair work
overnight



Mind your
environment

Hot showers,
heaters and dry
air pull water
from your skin



YOUR NEXT STEP

Not sure what your skin needs next?

Take my 60-second assessment and I'll point you to the right place to start, whether that's a simple a.dot routine, a virtual consultation, or a facial in my Carson studio.

Take the assessment

This guide is general education, not medical advice. If you have a skin condition, talk with your dermatologist or book a consultation.