



WHAT TO LOOK FOR IN A MOISTURIZER

Moisturizers play a vital role in protecting our skin as we age and have been clinically shown to hydrate skin; some also include protection against the sun. But, with so many different moisturizers on the market, how do you know which ones are best for you and your skin?

Moisturizers are primarily comprised of humectants, lubricants and occlusives that work together to hydrate skin. The following table explains what these components are and why you want them in your moisturizer.

Compounds	What They Are	Common Examples	Benefits to Your Skin
Humectants	<ul style="list-style-type: none"> Substances that attract or help retain moisture Some, like aloe vera and glycerol, may come from plant or animal sources while others, including propylene glycol, are commonly-used synthetics 	<ul style="list-style-type: none"> Glycerin/Glycerol Aloe vera Sorbitol Propylene glycol Urea Panthenol (vitamin B5) Lactic acid Hyaluronic acid 	<ul style="list-style-type: none"> Allow skin to retain its natural and healthy moisture
Lubricants	<ul style="list-style-type: none"> Compounds that help soften and smooth the skin and help retain moisture 	<ul style="list-style-type: none"> Ceramides Cetyl alcohol Shea butter Botanical oils Dimethicone Stearic acid 	<ul style="list-style-type: none"> Help skin stay smooth and supple
Occlusives	<ul style="list-style-type: none"> Help trap water in the skin 	<ul style="list-style-type: none"> Petroleum Jelly Petrolatum Lanolin Zinc Oxide Mineral oil Bees wax Squalene Silicones 	<ul style="list-style-type: none"> Help keep skin hydrated

Discuss all skin health issues, including over-the-counter and prescription product use, with your doctor.

Get Skin Health Smart at Active Aging Week for a Life Course of Healthy Skin!

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