10 Out-of-the-Box Skin Care Tips for Desert Living

1 Mist + Seal

Lightly mist skin before applying serum to lock in hydration.

2 Humidify Your Bedroom

Add moisture to your environment overnight with a humidifier.

3 Moisturizer Sandwich

Layer serum, moisturizer, then balm/oil to seal in hydration.

4 Ditch Foamy Cleansers

Use creamy or oil-based cleansers to protect your skin barrier.

5 Cool It Down

Use chilled toners or jade rollers to calm inflammation.

6 Silk Pillowcase

Reduce moisture loss and skin creasing while you sleep.

7 Internal Skin Boost

Hydrate with water, omega-3s, collagen, and vitamin C/E.

8 Cream-Based Makeup

Avoid powders—use hydrating formulas for a natural glow.

9 DIY Avocado + Honey Mask

1/2 avocado and 1 tsp. honey (anti-bacterial). Apply to face, wash off after 15 min. Weekly moisture-rich mask for softness and glow.

10 Don't Forget Lips & Scalp

Use SPF lip balm and scalp spray for sun protection.

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