

sensitive skin? you need these ingredients.

Have sensitive skin? Here are the soothing ingredients to look for – and why.



Almost half the global population describes their skin as sensitive – but many people still struggle to find products that effectively treat their sensitivity. That's because soothing ingredients play a huge role in calming sensitive skin. In fact, combining certain natural botanical extracts can actually help reduce symptoms of sensitive or sensitized skin.

Finding the ingredients that work to calm your redness, itching and irritation will help you take control of sensitivity. Here are some ingredients to look for (and a few to avoid)!

look for

[Aloe Vera Leaf Juice](#)

Aloe instantly hydrates skin, helping to soothe irritation due to skin dehydration.

[Salvia Officinalis \(Sage\) Extract](#)

This natural extract boosts recovery of the skin's protective lipid barrier, which means it helps your skin keep hydration in and keep irritants out. It also contains antioxidants to help fight free radical damage.

[Squalane](#)

This naturally-occurring oil is a foolproof way to lock in moisture and boost elasticity without aggravating sensitive skin. Its light, non-greasy texture makes it suitable for any skin condition.

[Tetrahydrocurcuminoids from Turmeric](#)

Turmeric's gotten a lot of press recently – but did you know it can also stop skin-damaging enzymes in their tracks? Turmeric-derived Tetrahydrocurcuminoids help soothe delicate skin and combat free radicals, stopping environmental damage before it starts.

[Pyrus Malus \(Apple Fruit\) Extract](#)

It hydrates, softens skin and defends against dryness: Apple extract is a natural skin care powerhouse. It's also rich in Vitamin C, making it ideal for rejuvenating tired skin.

[Avena Sativa \(Oat\) Kernel Oil](#)

This rich source of Avenanthramides (the active component of the Avena Sativa plant) has natural anti-irritant properties. It also helps combat sensitivity by improving skin's barrier function.

steer clear of

[Lanolin](#)

People with sensitive or sensitized skin can have an adverse reaction. Play it safe and choose a more neutral moisturizer.

[SD Alcohol](#)

Many skin care products contain alcohol, which can sap skin's moisture levels – leading to irritation and itchy, red skin.

[Artificial Fragrances or Colors](#)

These ingredients can worsen sensitive skin conditions.

Ready to try some of the sensitivity-soothing ingredients above?
Shop Dermalogica's UltraCalming™ line!

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