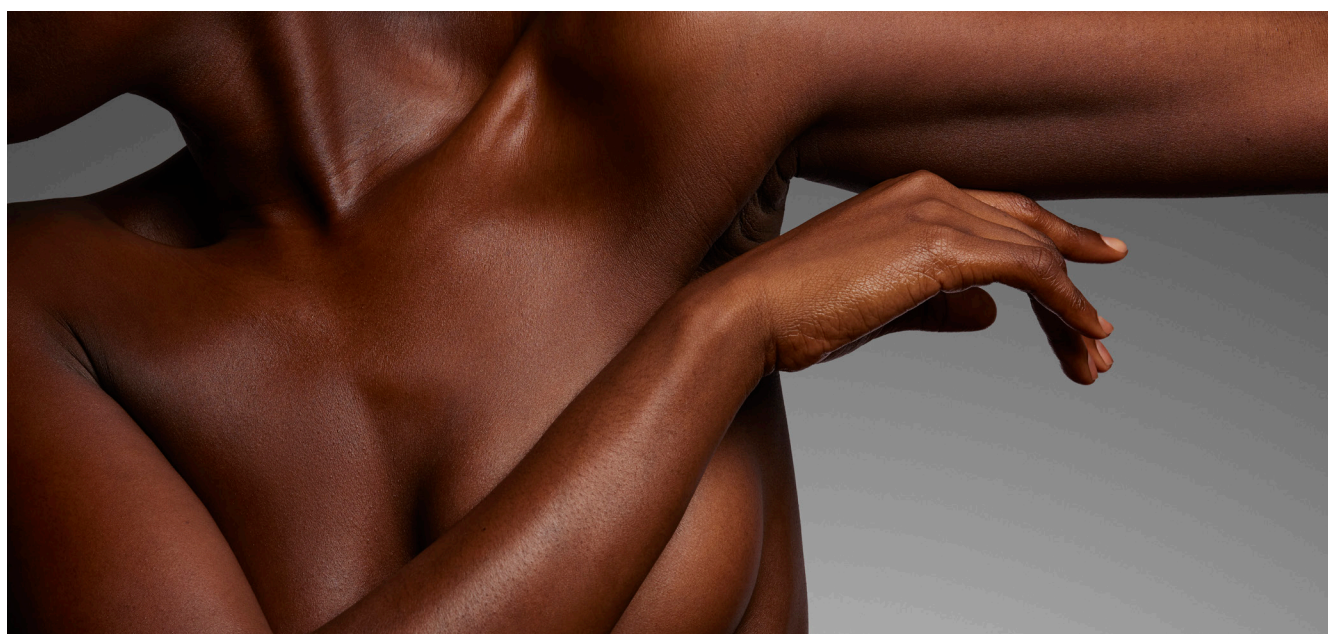


Start Your Body Skin Care Routine



When it comes to skin care, most of us focus on our face, carefully selecting products and maintaining a consistent routine to address issues like dryness, fine lines, or uneven texture. But what about the rest of your body? The truth is, your body's skin faces its own challenges—sagging, crepiness, rough texture, and dehydration. It's clear: the skin on your body deserves just as much attention as the skin on your face. Without a body skin care routine, these issues can go unaddressed, leaving your skin looking and feeling less than its best.

Our skin naturally changes over time, and the skin on our body is no exception. Whether due to rapid weight loss, aging, sun damage, or hormonal shifts like postpartum recovery, these changes can impact skin elasticity, firmness, and texture. Sagging, crepey skin, rough patches, and a loss of tone are common concerns that come with changing skin. Just as your face benefits from targeted care, your body's skin needs a dedicated routine to stay firm, hydrated, and healthy-looking.

why you need a body skin care routine

Your skin is your body's largest organ, designed to shield you from environmental damage. But this protective barrier is constantly under attack from external factors like pollutants, UV rays, and harsh weather conditions, leading to issues like dryness, uneven texture, and signs of early skin aging. Without proper care, these challenges can accumulate, leaving skin dull and rough.

In addition to hormonal shifts related to having given birth, natural aging, and environmental pollution things like quick weight loss from GLP-1 drugs Ozempic and Wegovy, can lead to questions around skin firming treatments, body sculpting, and “how to tighten skin?” With 30+ years of skin treatment expertise, Dermalogica knows that bodies change – and skin care should too. GLP-1 drugs can sometimes leave skin struggling to adapt to the body's new shape, often resulting in saggy, crepey skin on areas like the arms, thighs, and stomach. A targeted serum like Dynamic Skin Sculptor helps visibly tighten and tone skin, providing the support it needs to look firm and smooth during these changes.

body skin care essentials

A few simple steps—daily cleansing, weekly exfoliation, applying a body serum, moisturizing, and protecting your skin from the sun—can help strengthen your skin's moisture barrier, improve texture, and firm skin.

cleanse daily

Your skin is exposed to sweat, dirt, and environmental impurities every day, which can clog pores and lead to dryness or irritation. Using a body cleanser tailored to your skin type ensures that your skin is clean and refreshed without stripping away essential moisture.

apply a targeted body serum

Generic moisturizers can't tackle specific skin concerns like sagging skin or uneven texture. That's where a concentrated body serum like Dynamic Skin Sculptor comes in.

Dynamic Skin Sculptor is formulated with advanced ingredients like Pro-NAD+ Complex to visibly tighten and tone skin while delivering hydration and smoothing benefits. In a consumer study, 90% of users reported immediate skin tightening after one use.* If you're noticing sagging, crepey areas, or a lack of firmness on your thighs, arms, or stomach—especially after weight changes—this serum can help rejuvenate your skin's appearance. Apply it twice daily in gentle, upward strokes for the best results.

*Internal consumer perception based on a 2-week study of 20 subjects, 2 applications/day.

moisturize daily

Keeping your skin hydrated is key to maintaining its softness and elasticity. Look for a body moisturizer or cream that locks in hydration while strengthening your skin barrier. Richer formulations are often better suited for the body, providing long-lasting nourishment where your skin needs it most.

protect with sunscreen

Sun exposure is one of the biggest contributors to skin damage, including premature aging and dehydration. Applying a broad-spectrum sunscreen with at least SPF 30 to exposed areas like your arms, neck, and legs is essential for protecting your skin's health. Consistent sun protection helps prevent long-term damage while keeping your skin looking youthful.

why face products aren't enough

While facial products are carefully designed to treat the thinner, oilier skin on your face, they're not always effective for the thicker, drier skin on your body. Body skin faces different challenges, including a lower density of sebaceous glands, more frequent exposure to friction, and the potential for sagging in larger areas.

This is why body-specific products are essential. Richer moisturizers, targeted serums, and gentle exfoliants crafted for the body can address common issues like roughness, dryness, and textural changes more effectively than facial formulas.

treat your body with care

Your body's skin works hard every day to protect you, and it deserves a routine that helps it thrive. By incorporating steps like cleansing, exfoliating, applying a body serum, and protecting with sunscreen, you're giving your skin the care it needs to stay healthy and resilient.

Dynamic Skin Sculptor is the perfect addition to your body care routine, providing targeted benefits like toning, tightening, and smoothing to keep your skin looking sculpted and vibrant. With Dermalogica's commitment to quality and innovation, you can feel confident knowing that every product supports your skin's health and well-being.

Your body is with you for life—experience the difference that a dedicated body care routine can make.

Get more skin care tips at [dermalogica.com](https://www.dermalogica.com)

Want to learn more about which skin care products are right for you?
Visit your local Dermalogica skin therapist for a completely customized regimen.