



Protecting Skin in Dhaka's Extreme Climate

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Indeed, "over cleansing is extremely bad, and too much scrubbing of skin will strip away its essential oils." After cleansing, it is also important to apply a moisturiser to lock in hydration. In Dhaka's intense sun, Dr Khan recommends SPF50+ without fail. Also, never skip sunscreen or moisturiser in the name of "letting skin breathe", as doing so just encourages more oil production or dryness. It is important to give your skin a gentle routine: cleanse, hydrate and shield, and avoid overwashing or abrasive products.

ROUTINES BY SKIN TYPE
Skincare should be tailored for oily, dry, and combination skin.

- **Oily skin:** Use a gentle gel or foaming cleanser morning and night. After washing, apply a light, gel-based moisturiser. In the morning, finish with a non-comedogenic SPF 50+ sunscreen to protect without clogging.
- **Dry skin:** Choose a creamy, non-foaming cleanser to avoid stripping oils. Pat skin (don't rub) and immediately layer it with a rich, emollient moisturiser. Ingredients like hyaluronic acid can draw in moisture, while ceramides help seal it in.
- **Combination skin:** A balanced approach works best. Use a gentle cleanser, then address zones separately: for example, apply a light gel moisturiser on the oily T-zone and a richer cream on



"Processed foods and pollution raise inflammation and allergies; preserve your skin barrier with gentle care and daily broad-spectrum sunscreen of SPF50."

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dry cheeks. Always finish with daily SPF in all areas. The key is consistency: treating each area's needs without overdoing any one product.

WHEN TO SEEK A DERMATOLOGIST

If issues continue despite effective home care, please consider seeking a professional evaluation. As Dr Khan advises, see a dermatologist if acne or dry patches don't improve after using a suitable cleanser and moisturiser. In practice, this means if persistent pimples, eczema or dermatitis won't clear with gentle, barrier-supporting care, it's time to get help. Also seek a doctor's advice for any severe rashes, infections, or allergic reactions. A specialist can prescribe targeted treatments and confirm that an "ordinary" breakout isn't something more serious. In short, if your skin won't recover with a gentle routine, or if it itches, cracks or scars badly, don't just hope it gets better on its own; you need to consult a dermatologist.

Protecting your skin barrier in Dhaka means being diligent every day. Simple habits like gentle cleansing, regular moisturising, and daily sun protection will go a long way. By avoiding scrubbing and harsh products and by heeding expert advice, Dhaka residents can help their skin defend against the city's harsh climate and pollution. And when in doubt, medical guidance is the safest route to healthy skin.

BREAKING THE MYTH

Why Oily Skin Needs Moisturiser Too



ADRIN SARWAR

"My skin is already oily, I don't need any moisturiser." Sound familiar? Many people with oily skin believe adding more moisture will make things worse. Some even say, "Tell me how to control oil, not add to it!" I used to think the same until my shiny, sweaty face felt like it was melting off. Then I learnt: oily skin *does* need moisturiser. In fact, it's one of the most important steps before diving into any fancy skincare routine.

Oily Skin Cycle

Oily skin happens when sebaceous glands produce excess sebum. This is the natural oil that protects your skin. While sebum is vital for a healthy

barrier, too much causes that greasy shine, clogged pores, and breakouts. Over-washing only makes it worse, stripping away oils and prompting the skin to produce even more. Remember: oily doesn't mean hydrated. Most oily skin is actually dehydrated. It is lacking water, not oil. When that happens, your glands overcompensate by making extra sebum. This is where the right moisturiser works its magic so your skin doesn't have to overwork.

Protecting the skin barrier

By providing your skin with the hydration



it needs, a moisturiser signals to your sebaceous glands that they can slow down oil production. This helps to regulate and balance your complexion over time. A healthy skin barrier is crucial for keeping out pollutants, bacteria, and other irritants that can lead to breakouts. Moisturisers help to maintain that protective barrier.

In fact, moisturisers hydrate. Well-hydrated skin appears more plump and supple, which can help to minimise the appearance of pores.

Year-round protection

Another myth says that skin only needs moisturisers in winter. Moisturising is essential year-round for maintaining a healthy and resilient skin barrier. This barrier acts as a shield, protecting against pollution, bacteria, and irritation. When hydrated, skin looks smoother, feels softer, and even appears less oily because oil production stabilises. While the need for moisturiser is constant, the type of moisturiser you use may need to change with the seasons. In summer you can opt for lightweight, non-comedogenic formulas. Gel-based or water-based moisturisers are excellent choices as they provide hydration without feeling heavy or greasy. During winter, go for a richer, creamier moisturiser.

Think of moisturiser as maintenance and not makeup. It's how you keep your skin balanced, comfortable, and resilient no matter the weather. So yes, even oily skin needs it. Because the goal isn't less oil, it's better balance.



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