

Experts Reveal How to Keep Oily Skin Truly Hydrated—Not Just Mat-and-Dry

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It's a common misconception that oily skin *doesn't* need moisture. In fact, experts emphasise that even skin producing excess oil still needs proper hydration. When skin perceives a lack of hydration, it may over-compensate with more oil. That's why the goal isn't simply *less oil*, but *start to moisture* with healthy skin rhythm.

Key Tips for Hydrating Oily Skin

Here are some of the core strategies dermatologists recommend:

- **Choose lightweight textures:** Opt for gel-based or water-based moisturisers instead of heavy creams. This lets your skin feel comfortable without excess weight.
- **Apply on slightly damp skin:** After cleansing, applying a moisturiser when skin is still a little damp helps lock in moisture effectively—something the expert article specifically highlights.
- **Use hydration-focused ingredients:** Ingredients like hyaluronic acid, glycerin or ceramides (in lightweight formulas) help retain water in the skin without adding grease. Libraries of expert guidance support this.
- **Avoid over-cleansing/stripping:** Stripping oil or moisture can trigger more oil production. Instead, use gentle cleansers and avoid harsh scrubs or frequent over-washing.
- **Mattify smartly but hydrate anyway:** Even if you choose mattifying primers or sunscreens (common for oily skin), you still need a hydrating layer underneath. Skipping it can lead to imbalance.
- **Hydration Strategy — Step-by-Step**

Here's a simple routine to follow if you have oily skin and want to hydrate properly:

1. **Morning:** Cleanse with a gentle gel cleanser ? apply a hydrating serum (e.g., hyaluronic acid) ? apply a gel-based moisturiser on *damp skin* ? finish with a non-comedogenic, lightweight sunscreen with mattifying effect.
2. **Evening:** Cleanse off sunscreen/makeup ? apply a lightweight night moisturiser (gel or water-based) ? optionally apply a thin sheet mask or overnight hydrating mask 1–2 times a week for a moisture boost.

3. **Weekly:** Use clay masks or oil-control treatments in the T-zone 1–2 times a week, but ensure you follow with a hydrating step to keep the barrier intact.

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