

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

Published on 28 Oct 2025 | By IFI Correspondent



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 y

ou 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.

For more style updates & exclusive fashion stories follow indiafashionicon.com

DISCLAIMER: THE VIEWS/CONTENTS EXPRESSED/PRESENTED HEREIN, WITHIN THIS ADVERTORIAL AND PROMOTIONAL FEATURE ARE THE SOLE AND EXCLUSIVE RESPONSIBILITY OF INDIVIDUAL

 $CLIENTS/EXPERT/THEIR\ AUTHORISED\ REPRESENTATIVE/TRUNAL\ SAHUJI,\ TO\ WHICH\ EFFECT,\ PUBLICATION\ HOUSE/ITS\ REPRESENTATIVES/AFFILIATES\ ARE\ NOT\ RESPONSIBLE/LIABLE\ WHATSOEVER.$