



Skin Hangover?

RAHN

We all know it happens. You drank far **too much alcohol** and far **too little water**. The dark circles under your eyes have returned, your **lips** are as **dry** as can be, and your **head** is **pounding**.

Because **New Year's Eve** is a night of celebration, it is perfectly acceptable to enjoy a few celebratory drinks with friends and family.

We wanted to share our favorite tips on how to reduce the effects of alcohol on your skin.



What are the effects of alcohol on the skin?

Drinking alcohol results in two things.
Dehydration and **inflammation**.

1) The effects of **dehydration** from alcohol:

- Loss of elasticity, leading to wrinkles and sagging skin
- Dryness
- Dullness
- Enlarged pores



What are the effects of alcohol on the skin?

The number one thing alcohol does is **dehydrate** your entire body, including your skin. When skin is dehydrated, it appears sallow, fine **wrinkles** become more visible.

Alcohol dehydration can also enlarge the **pores** of the skin, causing a rise in **blackheads** and **whiteheads**. If not treated properly, this can lead to acne and rosacea.

Dehydration is also the primary cause of your skin's poor appearance when you wake up. Drinking water is obviously a good thing to do, but the effects of that internal hydration won't show up right away externally.



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2) The effects of **inflammation** from alcohol:

- Increased redness or flushing of the skin
- Acne
- Blotchiness
- Puffiness
- Rosacea



What are the effects of alcohol on the skin?

Sugar content in alcoholic drinks (especially cocktails and wine) can be quite high, and this can be seen in your skin if you drink more than the recommended amount. Sugar in alcoholic drinks has been shown to activate the hormone IGF-1, which produces an **overproduction** of oil in your skin, increasing your risk of **breakouts** or **acne**.

If you suffer from the skin condition **rosacea**, it's highly likely that alcohol will exacerbate your symptoms.

Due to its vasodilatory impact, alcohol use is also a culprit for producing **inflammatory** signals within the skin, resulting in **redness** and **flushing** (it opens up the blood vessels and increases the blood flow above the normal levels).



Tips for curing your skin hangover ...

1. **Hydrate, hydrate, hydrate!** Your skin and body are both in desperate need of water.
2. **Cleanse** and **Exfoliate**. Even after last night's face wash, a good cleansing and exfoliating will help to get rid of that dry feeling.
3. **Mask time = Detox time!** A detox mask can help prevent any upcoming flare-ups. Look for ingredients like clay, charcoal, or antioxidants and moisturizing ingredients like hyaluronic acid.
4. Grab your favourite **moisturizer** and an eye cream containing caffeine, which helps to de-puff and illuminate the skin around your eyes.

