

## The Dew Point And Your Skin

It took me until my mid-30s to finally realize the connection between the Dew Point and how dry or oily my skin is. Since I've lived in Florida most of my life, my skin has been oily. It's something I can't seem to shake most of the time, even though my skin is now starting to have underlying dryness. It's not combination skin – that would be patches of oily and patches of dry or normal skin tones. (I don't know what it is about me that I just **have** to be unique – I've never heard of anyone else having oily skin with underlying dryness. ~sigh~)



So back to my topic. Several years ago, I had been checking the weather stats about 3 times a day – in the morning before I left for work; while I was home during my lunch break; and some time in the evening after I returned home from work. After about a year of seeing the various numbers (I was watching the Weather Channel and paid especial attention to the local weather information), I began to realize that the few times my skin dried out was when the Dew Point would drop.

Our local normal Dew Point during most of the summer is 76. During the autumn, it only drops down to about 74. Once we get into November, it will sometimes be in the upper 60s. Periodically, a cold front goes through that can drop it down into the 50s or 40s. It can end up in the 30s or even 20s a couple of times a year during the winter, but not that often.

What finally struck me one brisk late autumn day is that my facial skin is extremely oily when the Dew Point is in the 70s. About the time that it gets down to around 68, my facial skin finally is what I would consider a “normal” tone. Down around the low 60s and below, my facial skin will be feeling dry.

And my facial skin is actually the part of my body that dries out last. Depending on how much paper I'm handling, my hands might be the first ones to let me know that the Dew Point is changing. My feet and elbows are also really sensitive to changes in the Dew Point. Sometimes, all it takes is a couple of degrees difference – even just down to 71 when it's been at 74 or 76 – before I can feel the skin in those areas crying for lotion. (My eyes also get really dry once the Dew Point starts falling, but that can also happen to me if I don't get enough sleep or if I've been staring at the computer screen too long. ~LOL~)

Remember – this is the Dew Point, not the Temperature, that I'm referring to here. The Temperature can be pretty high and the Dew Point might be really low, causing the air to be really dry. And example – I mentioned in the intro message that I got to actually wear a turtleneck and a light sweater recently. Our temperature was nicely chilly at

about 63, but our Dew Point ended up around 29! (One of those few times that it actually gets that low.)

So how do you figure out this information for yourself? Bookmark your favorite weather website (I like the Weather Channel site at [www.weather.com](http://www.weather.com)) and check the Dew Point at least once every day. Because I happened to check that information at least three times a day as I mentioned above, I actually noticed that there can be some fluctuations during the day – another thing that is handy to know. (It's fun to watch a dry front come through – that number just keeps decreasing throughout the day!)

After you've seen several weeks of the Dew Point information and paid attention to how your skin felt (and you might have some areas that are more sensitive to changes than others), you'll start getting a feel for what the ranges are for your skin. After a year of checking the information, you'll be able to tell year round how your skin is going to act.

You'll even be able to predict how your skin will do when you're visiting other locations, and know whether to pack the bottle of lotion or not. A Dew Point of 48 is going to affect your skin basically the same no matter what location you're at.

#### **About The Author**

Marie Rice is the founder and editor of [PartOfTheWhole.com](http://PartOfTheWhole.com) - wellness for body, mind, and spirit. She enjoys helping others reach their goals. When she's not online, Marie's spending time with her family, gardening, doing crafts, or **most likely** – reading a book!

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