

Mayo Clinic Minute

What is the 3-minute moisturizing window?

VIDEO	AUDIO
DAWN DAVIS, M.D.	“So we always recommend moisturizing after bathing.”
	<i>Sound of a drain being opened</i>
	And a perfect time to do it ...
	<i>Sound of a shower curtain being opened</i>
	... is right after you step on your bath mat.
Title: DAWN DAVIS, M.D. DERMATOLOGY Mayo Clinic	“... because the skin has been hydrated and soaked maximally by the bath or shower. And, so, we like to call this the magic three-minute window where you have time to help seal in that water content by applying a lotion, cream or an ointment to your skin.”
	Mayo Clinic dermatologist Dr. Dawn Davis says moisturizers fall into three general categories.
DAWN DAVIS, M.D.	“Lotions tend to be more water soluble and have the most water content of all three moisturizer types.”
Graphic: Lotions Creams Soak into skin Ointments Sit on top skin	Creams also contain water and may include some oil. Both lotions and creams soak into the skin. Ointments contain oil and sit on top the skin.
DAWN DAVIS, M.D.	“... like a greenhouse lid or a barrier between your skin and the environment. And what it does is it simply allows your body to catch up with its own humidification methods.”
	No matter which moisturizer you pick, applying during the magic three-minute window offers the most bang for your buck.
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I’m Jeff Olsen.

