

LAYER UP

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SLUGGING IS A NEW SKIN CARE TECHNIQUE THAT INVOLVES APPLYING PETROLEUM JELLY ON THE SKIN BEFORE SLEEPING. EXPERTS WEIGH IN ON THE TREND...

If you're looking for a quick pick-me-up for dry, dehydrated skin, the solution could be lying in your bathroom cabinet. Slugging is the latest skin care buzzword referring to a method of layering your face with petroleum jelly at night. Women are advised to follow their usual skin care routine of cleansing, toning and moisturising and then slathering this product on top as a protective layer for soft, supple and radiant skin. While it became popular as a remedy for Winter skin issues, it has caught on with women wanting to plump up skin quickly. But how effective is this moisturising technique?

Prevents dryness

This method is similar to our age-old technique of using milk cream on our face and lips before going to sleep. In the winter, when the skin is dry and dehydrated, application of oil-based creams and lotions help to maintain the moisture levels, explains Dr Mohan Thomas, senior cosmetic surgeon, Cosmetic Surgery Institute. "Water from the skin surface is drained due to the cold air and the dry climate by evaporation. Petroleum jelly has been used as a non-medicated soothing agent to keep skin protected during the winter months.

Hence, this method is nothing new but just given a new name," he says adding, "It is an occlusive layer which traps the skin moisture preventing skin dryness. There are microscopic pores in skin through which sweat and moisture comes out. These when blocked prevent escape of this water. Improved hydration of the skin gives it the smooth, soft and velvety touch unlike the coarse and cracked skin found in a cold and dry climate."


Feel good factor

Slugging works as an additional layer on top of your night time skin care to lock in and maximise benefits of your serums and night creams by preventing evaporation.

Dr Dipti Dhillon, dermatologist, Apple Skin Clinic, says it is not recommended in the humid and hot weather, that Mumbai is known for. "It has no extra benefits except for the feel good factor, so I'll say avoid trying this out," adds Dr Dhillon.

Good for dry flaky skin

Those suffering from dry and flaky skin will benefit from this as it will help in locking in the moisturiser in your skin. Dr Saumya Shetty Hegde, dermatologist, Roots Skin Clinic, explains that women with oily or sensitive skin types should avoid this as it can clog pores. "Particularly those with oily or acne prone skin should be careful as it can lead to breakouts. I would recommend a light ointment because the jelly may weigh the skin down," she says. Dr Prabhu Mishra, StemGenn Therapeutics adds, "For Indians, it is advisable to try slugging during winter for all skin types, as humidity levels drop during the season. This is more common in dry and hilly regions and less in coastal and humid regions where winters are not that severe."



Use petroleum jelly to protect skin

Follow your regular skin care routine and finish off with slugging