

# No, Drinking Water Does Not Do This For Your Skin

Can we end this myth once and for all?

It's time for some real talk: We need to debunk a very common water myth once and for all. I always get frustrated when I read an interview with a well-respected expert, and he says something along the lines of, "Drinking water is so important for my skin feeling hydrated" or "My skin is so dry when I don't drink enough water."

But that's not how our bodies work. Drinking water does not give you more hydrated skin.

"How much water you drink has pretty much zero relation to the level of hydration of your skin," says Athena Hewett, founder of clean skincare line [Monastery](#). "Dry or dehydrated skin is either a genetic thing or it's an external factor."

This is not to say that water is not important. Drinking enough water, of course, is the [most important thing to do](#) for your overall well-being and health. But [drinking it](#) will not make your skin feel more hydrated or plump.

"Although there is a great amount of antidotal information that drinking a significant amount of water will rid your body of toxins and thus make your skin appear healthier, water that is drunk does not necessarily travel directly to your skin," says plastic surgeon [Dr. Melissa Doff](#). "Although it is true that the skin cells appear smoother, more hydrated when they are plumper secondary to a higher water content, it is not necessarily due to ingested water."

Our bodies process water through the intestines, then absorb it through the bloodstream, and filter it through the kidneys. That'll hydrate your cells inside your body, but cannot possibly reach the epidermis of the skin.

Speaking of epidermis, the skin is made up of three layers—the outer layer (epidermis), the underlying skin (dermis), and the subcutaneous tissue. "If the outermost layer of the epidermis doesn't contain enough water, skin will lose elasticity and feel rough," says Kim Davies, the Director of Spa & Education at [Omorovicza](#). "Despite this connection, however, there's a lack of research showing that drinking extra water has any impact on skin hydration or appearance."

So, your skin's hydration levels have very little connection with drinking water. Let's stop saying this! But let's keep drinking 8 to 12 glasses of water per day though: "Water helps brain function, maintains energy levels, regulates body temperature, aids in digestion, and ultimately keeps your body healthy," says Davies. "Put bluntly, without it, we would die."

But while drinking water doesn't directly hydrate skin, it can affect it in other ways. "Drinking sufficient water indirectly impacts skin, as your skin operates better when you're at your optimal health," says Alicia Yoon, founder of Korean beauty website and skincare line [Peach & Lily](#). "Also when we're dehydrated, our bodies can have an inflammatory response which can lead to things like breakouts. Being well-hydrated can lead to less breakouts, firmer skin, more radiant skin, even less dark spots."

But, that's not to say your skin's hydration levels are out of your control, quite the opposite. ("Hydration is one of the foundations for healthy skin," reminds Yoon.) How you treat the surface of your skin is very much in your control. We spoke to a few of our favorite aesthetician and skincare experts about things that will actually help you hydrate that epidermis.

### **Serums—one specifically—can be super effective.**

A serum's hydration benefits are directly related to the science behind your moisturizer. Rouleau says that a moisturizer mainly acts as a protective sealant, so when a serum is applied under a moisturizer, it locks in that serum. And because you applied your serum on damp skin from your toner, it's hydrating even more deeply.

Dr. Doft agrees that it's best to moisturize while skin is damp. "A better way to improve the hydration of your skin is to add moisturizing creams to your skin after showers when the skin is most porous."

I swear by [Osea Hyaluronic Sea Serum](#) (\$88), which is a mix of three different organic seaweeds and hyaluronic acid. The seaweed extracts naturally have antioxidants, vitamins, and minerals, feeding your skin with major benefits and love.

But that magical elixir known as hyaluronic acid is the real key here: "It can hold over 1000 times its body weight in water," says Dr. Doft.



Not convinced? Sue Y. Nabi of [Orveda](#) says that, “Humectants, such as hyaluronic acid, will effectively ‘trap’ water in skin...”, which she recommends using her cult-fav [Healing Sap](#) (\$150) on damp skin to hydrate, brighten, and soothe.

No, really, nearly every expert we talked to cited hyaluronic acid, which is already present in your body, as one of the best things to do for your skin’s hydration levels. Including Yoon, who recommends using Peach & Lily’s [Glass Skin Refining Serum](#) (\$39), which is packed with short-, medium-, and long-chain hyaluronic acid molecules meant to deliver moisture to every layer of skin.

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