



“Is tap water
**RUINING
MY SKIN?**”

Do you wonder about this each time you rinse your face? Read on to find out the answer.

ART DIRECTION: ANJOENG PHOTOGRAPHY SHUTTERSTOCK

THE EXPERT



Dr Priya Gill,
consultant
dermatologist at
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– Petaling Jaya

WHAT'S IN TAP WATER?

“Generally speaking, tap water may sometimes contain minerals, metals or bacteria that could pose risks of infection, irritation, allergy or sensitivity” says Dr Priya, a consultant dermatologist at Columbia Asia Hospital, Petaling Jaya. It’s extremely important to know where your water comes from. Hard water is common; it contains a high composition of minerals like iron, copper, zinc, and nickel, which can throw off your



Estelle & Thild
BioCalm Soothing Moisture Day Cream, RM153

This day cream doesn't contain harsh, synthetic chemicals that cause irritation, opting instead for soothing and nourishing ingredients such as oat extract to speed up healing while restoring your skin's pH balance.



Elysyle
Hydrating Mist, RM263

This mist envelops your skin with the most hydrating and nourishing ingredients from Japan. It brings up hydration levels to revitalise your complexion and banish dullness.



Philosophy
Microdelivery Detoxifying Oxygen Peel, RM249

Some things work best together. This two-in-one peel has both the purifying benefits of a detoxifying mask and the brightening effects of an oxygen facial – great news for tired skin.

skin’s pH balance and lead to irritation. The easiest way to find out if you have hard water running through your pipes is by noticing the condition of your faucet. If it’s stained, it’s time to consider other water options.

WHAT ELSE AFFECTS IT?

“Another factor to address is the condition of the pipes carrying the water: whether there is rust and the likes that could contaminate the water,” shares Dr Priya. Besides knowing the source of your water, it’s good to take note of the surroundings and how well maintained the water facilities are.

WHAT ARE MY OPTIONS?

“My advice is to use distilled water – this is the best water to cleanse your skin. The next best options are filtered water or boiled water,” suggests Dr Priya. If these alternatives aren’t practical for your lifestyle, you could restore your skin’s pH balance and replenish lost nutrients with a mineral-rich mist or pH-balancing cleanser.

IS IT POSSIBLE TO RINSE WITHOUT WATER?

They’re not generally recommended, but there are products that you do not have to rinse off. Alternatively, micellar water removes makeup while subsequently hydrating the skin, so no rinsing is required. If you’re in need of a good exfoliation, chemical peels work just as well as physical scrubs – but minus the rinsing.