

BEAUTY

5 things they don't tell you about sensitive skin, according to the experts

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Photo: Olivier Rose
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Surveys have shown that up to 50 per cent of the population claim to have sensitive skin, with women being more susceptible. Yet, the triggers and treatments remain an enigma for many. Consider this your comprehensive guide



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Sensitive skin is a ubiquitous phrase in skincare. It's also used as a blanket term to describe everything from sensitivity that you're born with, to temporary post-product irritation that manifests as redness, stinging, burning, and itchiness after being overzealous with your skincare acids. No matter which side of the fence you're on, knowing how to treat your skin can mean the difference between a few days of discomfort and your skin potentially developing an allergy. Ahead, is everything you need to know to temper inflammation...

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Anyone's skin can react to irritants

Sensitive skin sometimes just appears like an unwelcome house guest. “Most skin types experience sensitivity at some point,” says top skincare expert Debbie Thomas. “When your face is exposed to changes in weather, pollution, or allergens, such as dust and fragrance, your complexion can read them as the enemy. In turn, it fights them off by producing inflammatory enzymes and free radicals, which cause damage and that telltale redness.”