

# MORE FUN WITH YOUR HYDRATION METER!

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## PART 1: HYDRATION ON DIFFERENT AREAS OF YOUR BODY

### STEP 1:

**Have a discussion with your class.**

- Is your skin's hydration the same everywhere on your body?
- Think about your face vs. your arms or your legs vs. your hands.
- Do some areas feel drier?
- Why do you think this is?

### STEP 2:

**Measure and record.**

Measure and record your skin hydration on different body areas and then compare. Try the areas that feel driest (like the back of your hand) against the areas that feel the least dry (like the inside of your elbow). What could be the reasons for the differences? Do you think the skin is actually different there or just more exposed to the elements?

Did you know that Olay primarily uses the lower leg and shin area to study body wash and body lotion? We do this because the skin there is particularly dry. Test it!

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## PART 2: AIR HUMIDITY AND SKIN HYDRATION

**You can really see the effects of your environment on your skin! Cold air tends to be drier than warm air because it can hold less water vapor than warm air. If the air is dry and has a low relative humidity, your skin will lose hydration more easily and become drier.**

In general, a relative air humidity below 40% is not great for skin. When you turn the heater or A/C on indoors, it can cause less than 20% relative humidity, which is about as dry as the Sahara desert!

**FUN FACT** – Relative humidity is the amount of water vapor in the air. If the air feels “wet,” that’s humidity. A relative humidity of 50% means that the air is holding about 50% of the water vapor that it’s able to hold.

### STEP 1:

**Compare your skin hydration in different surroundings.**

Go indoors, wait 10 minutes for your skin to acclimate, then measure. Now, go outdoors and do the same thing. What differences do you see?

Now, try this wherever you like! Some great places to measure are in heated classrooms, colder storage rooms and humid locations, like gyms and greenhouses - just don't forget to wait 10 minutes before measuring.

### STEP 2:

**The seasons are a-changing.**

Another way of observing the impact of air humidity on skin hydration is by measuring throughout different seasons. Pick a spot outdoors and measure in the summer. Now, do this again in fall, winter and spring. What differences do you see? (We expect that your skin will measure drier in cooler months.)

