



KNOWLEDGE CENTRE | GUIDE 06

After-Sun and Everyday Dry-Skin Care

Practical care for skin that feels dry, warm or uncomfortable.

COOL FIRST. MOISTURISE SECOND.

After everyday sun exposure, move out of the sun and cool the skin before applying an after-sun moisturiser. Skin Rescue can then help moisturise suitable intact skin - but it is not sunscreen, does not provide SPF and is not a treatment for a serious burn.

IN THIS GUIDE

After-sun care • Dry-skin triggers • Gentle washing • Moisture support • Skin Rescue • When to seek help

Free, ungated practical guidance from SLIPSTREAM®

Care for Your Skin. Stay Comfortable.

Why skin feels dry, warm or tight

The outer layer of the skin helps slow water loss and protect against everyday exposure. Sun, wind, cold weather, central heating, hot showers, frequent washing and harsh cleansers can leave intact skin feeling dry, rough, tight or uncomfortable.

Common everyday triggers

TRIGGER	WHAT CHANGES	WHAT YOU MAY NOTICE
Sun	Heat and ultraviolet exposure affect the skin	Warmth, redness, tightness or dryness
Weather	Wind, cold and low humidity increase exposure	Rough or uncomfortable skin
Washing	Hot water and strong cleansers remove surface oils	Tightness soon after washing
Indoor heat	Central heating reduces humidity	Dry hands, arms, legs or face

Moisturising supports comfort

A moisturising cream helps add and retain moisture at the skin surface. It can make dry skin feel softer and more comfortable, but it does not reverse ultraviolet damage or replace sun protection.

PREVENTION STILL MATTERS

Use shade, suitable clothing and an appropriate sunscreen before exposure. After-sun products are for care afterwards; they do not make additional sun exposure safe.

A simple after-sun routine

If skin begins to feel hot, sore or uncomfortable after sun exposure, respond early. These steps are intended for mild sun exposure and intact skin.

✓	Move indoors or into shade as soon as possible.
✓	Cool the skin with a cool shower, bath or damp towel. Avoid ice directly on the skin.
✓	Pat dry gently; do not scrub or peel the skin.
✓	Apply a suitable after-sun cream or unperfumed moisturiser to intact skin.
✓	Drink water and avoid alcohol if you may be dehydrated.
✓	Cover the affected area and avoid further direct sunlight while redness remains.

Protect the skin while it settles

- Choose loose, soft clothing that does not rub.
- Avoid hot showers, exfoliation, fragranced products and vigorous towel drying.
- Do not pick peeling skin or burst blisters.
- Continue using appropriate sun protection on future days; after-sun cream is not sunscreen.

BLISTERS OR FEELING UNWELL?

Seek medical advice if the skin blisters or swells significantly, pain is severe, symptoms are worsening, or you feel dizzy, sick, very tired, hot, cold or shivery.

Everyday care for dry skin

A consistent routine usually works better than waiting until skin feels very dry. Keep the routine gentle, repeatable and suited to your own skin.

Wash without over-stripping

✓	Use lukewarm rather than very hot water.
✓	Keep baths and showers comfortable rather than prolonged.
✓	Choose a mild cleanser and avoid strongly fragranced products if they irritate.
✓	Pat the skin dry, leaving it slightly receptive to moisturiser.
✓	Apply moisturiser soon after washing, following its directions.

Match care to the day

- Reapply a familiar moisturiser when intact skin feels dry or tight, as its directions allow.
- Give extra attention to exposed hands, face, arms and legs during cold, windy or dry weather.
- Wear gloves for wet work and reduce unnecessary contact with detergents.
- Stop using a product if it causes persistent stinging, itching, redness or discomfort.
- Patch test unfamiliar cosmetics before depending on them after a long day outdoors.

DRY SKIN IS NOT ALWAYS SIMPLE

Persistent itching, cracking, weeping, a spreading rash or repeated inflammation may have another cause. Ask a pharmacist or GP rather than repeatedly changing cosmetic products.

Using SLIPSTREAM® Skin Rescue

Skin Rescue is a cosmetic moisturising cream for suitable intact skin. It is ideal for helping care for skin that feels dry, warm or uncomfortable following everyday exposure to the sun or minor household heat.

How to use it sensibly

✓	Cool sun-warmed skin first and make sure the area is clean and intact.
✓	Read and follow the current pack directions.
✓	Apply an appropriate amount gently; avoid vigorous rubbing.
✓	Patch test before first use and stop if irritation occurs.
✓	Reapply only as directed when the skin needs further moisturising.
✓	Keep the product away from eyes and internal or otherwise unsuitable areas.

What Skin Rescue is not

- It is not sunscreen and does not provide SPF or ultraviolet protection.
- It does not make it safe to return to direct sunlight.
- It is not intended for blistered, broken, bleeding, weeping or infected-looking skin.
- It is not first aid or treatment for a burn, scald or significant sunburn.
- It does not replace advice from a pharmacist, GP, NHS 111 or emergency service when symptoms are concerning.

MINOR HOUSEHOLD HEAT

A true burn or scald should be cooled immediately under cool running water for the time advised by current NHS guidance. Do not delay first aid to apply Skin Rescue or another cream.

Your one-minute skin-care check

✓	MOVE: Have I moved out of the sun or away from the heat source?
✓	COOL: Has sun-warmed skin been cooled gently before moisturising?
✓	CHECK: Is the skin intact, without blisters, wounds or weeping?
✓	MOISTURISE: Am I following the product directions and using it gently?
✓	PROTECT: Will I avoid further sun and use shade, clothing and sunscreen?
✓	ACT: Do worsening symptoms mean I should seek professional advice?

When to seek advice

Seek medical advice if sun-exposed skin is badly swollen or blistered, pain is severe, symptoms are worsening, or you feel unwell. For a burn or scald, use appropriate first aid and contact NHS 111 if you are unsure what to do. Call 999 or attend A&E for burns that are large or deep, involve the face, neck, hands, feet, joints or genitals, or were caused by chemicals or electricity.

Trusted resources

- [NHS - sunburn care and warning signs](#)
- [NHS - sunscreen and sun safety](#)
- [NHS - burns and scalds first aid](#)
- [NHS - emollients and dry-skin care](#)

THE SIMPLE PRINCIPLE

Move out of the sun. Cool gently. Moisturise suitable intact skin. Protect it from further exposure. Seek help when symptoms are more than mild.

SLIPSTREAM® KNOWLEDGE CENTRE

Practical guidance for active living - education first, products second.

Care for Your Skin. Stay Comfortable.

Prepared August 2026. SLIPSTREAM Skin Rescue is a cosmetic skin-care product, not a medicine or sunscreen, and is not intended to diagnose, treat or cure a medical condition. This guide does not replace advice from a pharmacist, GP, NHS 111 or other qualified healthcare professional.