

If you're anything like me, you might skip soaping up certain parts of your body during a shower — especially your shins. They don't seem greasy or grimy like other areas, so is it really necessary? Let's talk about the differences between body skin and face skin, the impact of your shower routine, and what really keeps dry shins happy and healthy.



Body Skin vs Face Skin: Why Your Shins Are Different

First, it helps to understand how body skin, particularly on your shins, differs from the skin on your face. The two areas have quite distinct characteristics:

- **Oil glands:** Your face, especially the T-zone, is loaded with sebaceous (oil) glands that constantly secrete natural oils to keep it supple. Your shins have far fewer of these glands, meaning less natural oil to keep the skin moisturized.
- **Thickness and texture:** Body skin, including your shins, generally is thicker than facial skin, but can be dryer and rougher, especially in cold or dry climates.
- **Exposure and friction:** Shins get exposed to clothes, wind, and sometimes scraping — all of which can make skin feel rough or dry.

These differences mean that what your skin needs — and tolerates — on your shins vs. your face can vary quite a bit. For example, products that work great on oily facial skin (like foaming cleansers or even some alkaline soaps) might be too harsh for your drier, less oily legs.



Is Water Alone Enough for Dry Shins?

Since your shins aren't oily or visibly dirty, you might wonder if just rinsing with water is enough. And often, yes — water helps remove sweat, dead skin cells, and sweat residue fairly well without stripping natural oils. This can be a gentler alternative, especially if you have **dry shins** prone to irritation.

However, if you use lotions or sunscreens on your legs regularly — which you should for sun protection — sometimes a little extra help to cleanse and refresh the skin is beneficial, but gently done!

Why Hot Showers and Alkaline Soaps Might Do More Harm Than Good

Here's a skincare truth nobody loves to hear: **hot showers dry out your skin**. I hate to be the bearer of bad news, but your skin's natural moisture barrier is delicate and sensitive to temperature spikes.

Hot water expands blood vessels and disrupts the natural oils on your skin's surface. This mechanical stripping can worsen dryness on your shins—an area already prone to tightness and flakiness.

Syndet Cleansers and pH-Balanced Body Washes to the Rescue

Instead of traditional alkaline soaps—which often have a pH above 9 and strip oils—you want to reach rumbie.co for a **syndet (synthetic detergent) cleanser** or a **pH-balanced non-soap body wash**. These are formulated to respect the skin's natural acidity (pH around 5.5) and are much gentler on the moisture barrier.

Use lukewarm rather than hot water when washing your shins. Hot showers and alkaline soaps together are a double whammy on your skin barrier.

How to Moisturize Dry Shins Properly

The key to keeping your shins from turning into sandpaper isn't just cleansing — it's also moisturizing effectively. And the timing matters a lot here. The best practice is to apply your moisturizer within 60 to 120 seconds of stepping out of the shower while your skin is still damp. This helps lock in hydration better.

Which Ingredients Should You Look for in Body Moisturizers?

The holy trinity of moisturizing ingredients is:

- **Humectants:** Pull water into the skin from the environment. Examples include glycerin, hyaluronic acid, and sorbitol.
- **Emollients:** Smooth and soften the skin by filling spaces between flaky skin cells—think plant oils, fatty acids, and squalane.
- **Occlusives:** Form a physical barrier to lock in moisture. Common occlusives are petrolatum, dimethicone, and natural butters like shea butter.

If your shins are seriously dry or irritated, creams tend to work better than lotions because they usually have more occlusive ingredients. A product I've come to appreciate for dry, tight skin (and also for soothing inflammation) is the Joy Organics 1000mg CBD Cream. The CBD has anti-inflammatory properties, and the formula blends emollients and occlusives for lasting softness without feeling greasy.

Gentle Cleansing Routine for Shins That Keeps Barrier Intact

1. Use lukewarm water, not hot, to rinse your shins gently.
2. If you feel the need for cleansing beyond water, use a **syndet or pH-balanced body wash** — just a small amount is enough.
3. Skip the scratchy scrubs. (Sorry, elbows and heels are already rough — no need to exacerbate that!)
4. Pat dry lightly; don't rub hard.
5. Immediately apply your moisturizer, like the Joy Organics 1000mg CBD Cream, on damp skin.
6. Keep your moisturizer bottle or jar somewhere you see it every day—like near the bathroom sink or by your bed—to remind yourself to use it regularly.

Beyond the Shower: Don't Forget Hands and Chest

I have to call this out: many folks do great on their face but forget that their hands and chest also get washed and exposed to the sun. Guess what? These areas can get just as dry and irritated as shins.

So include them in your daily moisturizing routine, especially with SPF during the day. Dry skin anywhere is a sign that your barrier needs support.

In Summary: When to Soap Up Your Shins (And When to Skip It)

Scenario Recommended Approach Shins aren't visibly dirty or sweaty Water rinse with lukewarm water is usually enough Shins have buildup from sunscreen, lotions, or sweat after a workout Use a gentle syndet or pH-balanced body wash, lukewarm water Skin feels tight, flaky, or very dry Moisturize immediately on damp skin with a cream containing humectants, emollients, and occlusives (e.g., Joy Organics 1000mg CBD Cream) Prefer hot showers because they feel relaxing Try lukewarm to warm water on shins; save hot water for shorter periods or other parts to reduce barrier damage

Final Thoughts

Your shins don't need the same level of cleansing as your face or underarms, especially if they aren't greasy or dirty. Lots of people over-cleanse dry body parts, which only worsens **dry shin** discomfort and barrier damage. A

little water, the right cleansing products if needed, and intentional moisturizing on damp skin keep your legs feeling balanced, soft, and comfortable.

And yes, keep your moisturizer handy! A trick from my book: stash your favorite cream like the Joy Organics 1000mg CBD Cream right by your sink or on your bedside table so you never skip that essential last step.

Cheers to happy, hydrated shins! If you have any questions or want product recommendations for dry skin, feel free to reach out.