

Dry Skin

Dry Skin appears fine with small or invisible pores and may appear translucent. It can look dull, flakey and rough. Skin can feel taught, chapped, parched and itchy.

There are two types of dry skin:

Lack of natural skin oil (Sebum): In this case, oil may be sparse due to genetic factors. Washing with soap and water strips oil from face and upsets the natural protective layer which Sebum provides. This skin needs to be kept well nourished and protected.

Suggestions

- ☑ No soap and water, unless formulated for facial skin and is super-fatted
- ☑ No alcohol astringents. Use alcohol free freshener or mild toner
- ☑ Remove makeup with a water soluble or cream cleanser
- ☑ Moisturize morning and night
- ☑ Use a bath oil in the tub
- ☑ Use cream or water-based cosmetics. Do not use oil free.
- ☑ Occasionally use a mask or scrub.

Lack of Moisture (water): If skin feels dry, it doesn't always mean you have a dry skin type. Dehydrated skin is considered a skin condition and can occur on any skin type. Symptoms can be similar to dry skin. The skin may feel tight and dry, appear crepy or flake off. *Note:* Skin can be oily and dehydrated. Use hydrating products formulated for your skin type.

Suggestions

- ☑ For suggestions, see skin conditions (page 33)

Oily Skin

If your skin has enlarged pores and visible oil, it means you have oily skin. Oily skin has over-active sebaceous glands (oil glands), which produce additional oil causing skin to break out easily.

Oily skin tends to have a thicker appearance with course or enlarged pores all over. It appears to have an oily shine most of the day and may be clogged with pimples and blackheads. Nervous tension, hormone problems etc., can cause glands to secrete globs of oil rather than an even flow. This can create a breakout problem. It may or may not be accompanied by acne. Avoid over-stimulation by treating skin gently.

Did You Know?

A healthy diet will help your body to fight off the bacteria more successfully and therefore should be a party of any good skin care regimen.