

skin types

The main skin types are Oily, Combination and Dry. As we grow older our skin generally follows this route:

Oily > Combination > Dry

If you have normal skin, it usually means you have no major skin problems. Your skin type also changes with the season and therefore your skin care routine has to be adapted accordingly.

Oily Skin — too much sebum

Visual Appearance

- Thicker skin; looks dull
- Shines easily
- Enlarged pores
- Make-up doesn't stay on very well
- Skin feels dirty easily, especially in polluted areas
- Pimples, spots, black heads, white heads

The Good News is

Wrinkles appear later due to higher oil levels in the skin. The greatest need for

people with oily skin is to regulate sebum production and moisture.

Taking Care of Oily Skin

Cleansing:

Use gentle cleansing products with actives for oily skin, especially mild gels, that rinse with water.

Toning:

Adapted toning lotions with specific active ingredients for oily skin to close the pores and reduce sebum secretion.

Treating and Protecting:

Mattifying and treating light lotions as well as gel creams that reduce the production of sebum.

Specific Treatments

Oily skin needs to be exfoliated once or twice a week using a scrub to remove blackheads and dead skin cells. Purifying and deep cleansing masks can also help.

Harsh scrubs are not recommended for skin with imperfections/acne, spots and inflammation.

Combination Skin — dry and oily

Visual Appearance

- Oily T-zone, dry/normal cheeks
- Enlarged pores and oiliness in the T-zone
- Dryness, flakiness on cheeks

People with combination skin need to balance out sebum production and use moisture-retaining products for dry areas at the same time.

Taking Care of Combination Skin

Cleansing:

Gentle cleansing products with actives for combination skin that rinse with water.

Toning:

Use products with specific active ingredients for combination skin to close the pores and moisturise dry areas.

Treating and Protecting:

Light gel creams that hydrate, without adding extra oil, are best.

Specific Treatments

Weekly exfoliation using a scrub targeting the T-zone.

Dry Skin — lack of sebum

Visual Appearance

- Small, closed pores
- Skin 'smooth' or 'peach-like'
- Make-up stays on very well
- Skin feels tight after cleansing with water
- Skin is not shiny
- Early wrinkles
- Prone to redness
- Easily dehydrated

People with dry skin need intense nourishment and hydration.

Taking Care of Dry Skin

Cleansing:

Never with soap. Always with a moisturising cleansing milk or soap free gel.

Toning:

Use a toner without alcohol after cleansing to close the pores and firm the skin.

Never rub the skin as it might cause irritation.

Treating and Protecting:

Use nourishing creams regularly day and night, all year round. Use intense hydration creams.

Specific Treatments

Every week, use a gentle scrub for dry skin and hydrate with masks and serums.

Sensitive Skin

Sensitive skin is a condition of the skin that can be present on dry skin, combination skin and oily skin.

Sensitive skin can be occasional, permanent or pathological. Some factors that can cause sensitivity are: food allergies, medicine, stress, weather and products.

Visual Appearance

- Redness, flush, sensations of heat
- Irritated, itchiness
- Pimples, granular appearance

Taking Care of Sensitive Skin

Cleansing:

Mild, gentle soap free cleanser.

Toning:

Alcohol free toners.

Treating and Protecting:

Moisturising products suitable for sensitive skin.

Specific Treatments

Calming ingredients to reduce irritation and emulsifier free products formulated with mild, gentle ingredients.