

3- BASIC CARE FOR DIFFERENT SKIN TYPES

- **Normal skin basics**
- **Oily skin basics**
- **Combination skin basics**
- **Dry skin basics**
- **Sensitive skin basics**

Influence of the environment on the skin

Our living environment or our travel destinations are very important factors for our skin and its care.

The use of heavy greasy creams and oils should be avoided as much as possible unless we live or travel in extremely cold places.

Hot and humid climates require light and non-greasy moisturizers.

Normal skin basics

The more normal your skin is, the less basic maintenance it needs.

Unfortunately, perfectly normal skin is almost as rare as perfect health. If your skin is normal, your basic routine can be very simple.

Cleanse twice a day with a soap-free cleanser. Avoid cleansers and toners with alcohol, soaps or harsh detergents.

After cleansing apply oil-free or low-oil/non-greasy moisturizer while the skin is still damp.

Use sunscreen whenever sun exposure is expected.

Optionally, use a moisturizing or exfoliating mask once-twice a week.

Oily skin basics

Oily skin produces excessive amounts of sebum, a lipid-rich protective substance.

A good thing about oily skin is that it is usually well-moisturized due to its own protective oil. The downside is that it may look shiny or dirty and tends to develop large pores and be prone to acne.

Oily skin routines usually include the following recommendations:

- Wash your skin twice a day with a cleanser containing salicylic acid, that reduces sebum production.
- Most people should avoid alcohol-based cleansers and toners due to the drying effect of alcohol. However, for extreme cases of oily skin, it may just do the trick.
- Generally, people with oily skin shouldn't moisturize.
- Use oil-free, noncomedogenic sunscreen whenever sun exposure is expected.
- If the above steps are insufficient try treatments that reduce sebum production. If your oil problem is so bad, you should probably see a dermatologist anyway.
- Some people with oily skin may benefit from a clay/mud mask once a week.

Dry skin basics

Dry skin can be caused by such varied factors as dry climate, menopausal decrease in estrogen levels, acne treatments (such as benzoyl peroxide or retinoids) and others.

How to recognise dry skin?

You can recognise dry skin when it has a dull look and a rough, scaly touch. Sometimes you have slight tightness in the feel of your skin. More relevant cases of dry skin can be accompanied by red or white patches, severe itching, crackings, bleedings, severe tightness and pain.

Main causes:

- lack of humidity in the air specially during winter. If you live in drier areas, it doesn't even have to be cold outside for the air to have ill effects on your skin's moisture.
- unhealthy diet: junk food, such as fried foods, chocolate, candy, can easily unbalance your skin's moisture levels.
- age: with age skin loses its ability to retain water. Meanwhile, skin thins and oil production decreases.
- sun damage

Dry skin routines usually include the following recommendations:

- Cleanse your skin once or twice a day with a moisturizing, soap-free cleanser. Never use cleansers or toners with alcohol, soaps or harsh detergents.
- After cleansing apply moisturizer while skin is still damp to help seal moisture. It is best to use non-greasy moisturizers containing PCA (pyrrolidone carboxylic acid) and hyaluronic acid.
- If your skin becomes dry again soon after moisturizing, you may need a long-lasting moisturizer.
- Some people with dry skin may benefit from a moisturizing mask once a week.
- Use sunscreen whenever sun exposure is expected.
- Drink plenty of water. Eight glasses a day is generally recommended.
- Avoid exposure to harsh detergents, whether directly or via clothing washed in harsh detergents.

Combination skin basics

Combination skin means: the skin with areas of dryness and oiliness.

Typically, people with combination skin have oily T-zone (forehead and nose area) and dry cheeks.

What you may not know is that combination skin is often a manifestation of the skin condition called seborrhea and its cousins, seborrheic eczema and seborrheic dermatitis. It's advisable to see a dermatologist to determine whether you have seborrhea or related conditions.

Combination skin routines usually include the following recommendations:

- Treat oily and dry areas differently. Treat your scalp as well.
- Wash your skin with a mild cleanser (free of soap, harsh detergents or alcohol) twice daily.
- Switch to anti-dandruff shampoos and/or anti-yeast shampoos. Use every other day until dandruff and other symptoms are under control; use twice a week after that.
- After washing apply oil-free moisturizer (you can moisturize dry areas only).
- Use oil-free sunscreen whenever sun exposure is expected.

Sensitive skin basics

Many people have reaction to potential irritants, such as harsh detergents, alcohol, acidic skin care products, makeup removers and the like.

This does not necessarily mean their skin is truly sensitive.

True skin sensitivity (i.e. hypersensitivity) is relatively uncommon.

Hypersensitive skin would often react not only to potential irritants, but also to generally nonirritating substances as well as heat, cold, wind and so forth.

If you think you have hypersensitive skin, see a dermatologist. Such conditions may require specialized treatment.

Sensitive skin routines usually include the following recommendations:

- Use products that contain as few preservatives, fragrances, colorings and other redundant ingredients as possible.
- Avoid toners.
- Avoid acidic and other potentially irritating skin care, such as alpha hydroxy products or retinoids.
- Avoid harsh detergents, both in your shower and in your laundry.
- Minimize the use of makeup and avoid makeup removers. If you must use makeup, use hypo-allergenic,
- Clean your skin once or twice a day with alcohol-free, soap-free, moisturizing cleanser.
- After cleansing apply hypoallergenic, moisturizer. Do it while skin is still damp to help seal the moisture.
- Use hypoallergenic oil-free sunscreen whenever sun exposure is expected.

Basic rules for optimal skin care

A number of basic practices are essential for optimal skin care at any age.

Skipping them is likely to undermine the rest of your routine.

Make sure you protect your skin from avoidable damage, particularly sun damage.

Establish a sensible basic daily routine matching your skin type.

Then determine whether you need any age-specific step

Beauty is a letter of recommendation that wins us beforehand hearts.

Arthur Schopenhauer (1788-1860)