

Face skin Types



NORMAL SKIN

HALLMARKS OF NORMAL SKIN

- No blemishes or pigmentation issues
- Skin that is smooth to touch
- Plump and hydrated feel
- May/may not have slightly oily t-zone
- Uniform transparency and color
- No visible pore enlargement
- Not prone to skin allergies



OILY SKIN

HALLMARKS OF OILY SKIN

- Visibly enlarged pores
- Uniform hyper oiliness all over the face and neck
- Appearance of blackheads and whiteheads
- Acne and resultant scars
- Thick, dull and clogged skin appearance
- A distinct oily feel when skin is touched
- Runny makeup that requires frequent touch ups
- Oiliness within 30-45 minutes of cleansing
- Blemishes that extend from the face towards the neck and chest and even the upper back



DRY SKIN

HALLMARKS OF DRY SKIN

- Very fine, almost invisible pores
- Patchiness, Redness, Itching
- Flaky spots
- A tight and pulled feeling
- Dull complexion
- Roughness
- No blackhead or whiteheads
- No blemishes
- Visible fine lines and wrinkles
- Greater skin issues in autumn and winter
- Greater sensitivity to certain chemical and organic products



COMBINATION SKIN

HALLMARKS OF COMBINATION SKIN

- Oily to very oily t-zone and visibly larger pores in this area
- Normal to dry cheeks
- Flaking or blotchiness in the U-zone
- Blackheads and whiteheads on the nose and the skin surrounding the nose
- Propensity to get zits on the chin and forehead
- Shiny nose and chin that need constant touch ups
- Thicker skin on the forehead and chin
- Thinner skin on the cheeks with visible blood vessels in some areas
- Visible thin lines on the cheeks and the under eye area



SENSITIVE SKIN

HALLMARKS OF SENSITIVE SKIN

- You have itchy skin
- Blotchiness
- Red spots with hives
- Rash
- Your skin becomes visibly thick and rough to touch after the application of certain products
- Skin peeling after the allergic reaction
- Stinging sensation after exposure to harsh winds and sunlight
- Frequent skin flushing

Face skin Types



NORMAL SKIN

TAKING CARE OF NORMAL SKIN

Don't use products that are too oily or too drying.

Limit your exposure to sunlight.

Do not cleanse more than twice a day.

What you eat and drink is bound to show on your face. So, eat healthy and up your intake of H2O.

Keep your stress levels in check with yoga and meditation.



OILY SKIN

TAKING CARE OF OILY SKIN

Don't overdo cleansing.

Use a cleanser meant for oily skin but don't wash your face more than twice a day.

Splash tepid water on your face after working out to get rid of the sweat and grime.

If you suffer from acne use spot treatment.

Don't pop or pick your zits.

Use non-comedogenic skincare and cosmetic products.

Always use a clean towel to wipe your face.

Ensure your pillow covers are clean and changed frequently.



DRY SKIN

TAKING CARE OF DRY SKIN

Use an extremely mild cleanser specifically meant for dry skin.

Slather on a rich cream, oil or lotion on your face at least twice a day.

Always carry an oil or cream along to treat dry and flaky spots.

Do not scrub your skin too hard in a bid to get rid of the flakiness.

Go for shorter showers and do not wash your face more than once a day.

Use water at room temperature for washing/ cleansing your face.

If possible use a humidifier indoors.

Don't give in to the urge to scratch the itchy parts.



COMBINATION SKIN

TAKING CARE OF COMBINATION SKIN

Don't try to scrub the skin into submission.

Cleanse the t-zone with a product meant for oily skin.

Use a neutral or natural product for the dry and sensitive skin on the cheeks.

For mild and medium combination skin, use products meant for normal skin type.

Use mild gel cleansers and alcohol free toners.

For moisturization, stick to light lotions and serums.



SENSITIVE SKIN

TAKING CARE OF SENSITIVE SKIN

Stay away from products and ingredients that cause allergies.

Do not use harsh cleanser or alcohol based toners.

Do not exfoliate more than once or twice a week.

Do not wash your face more than once a day and only use a mild cleanser and tepid water.

Pat your skin dry instead of rubbing or wiping it dry.

Don't use any product without doing a patch test first.

Natural products are the safest for this skin type.

Avoid direct exposure to harsh climatic conditions and always wear sunscreen.

Always wash your hands before tending to your skin.