

What Is Your Facial Skin Type? Find Out Today!



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Some men and women are quite aware of their skin type. However, for the majority of people out there, this is a complete mystery. It is important to know your facial skin type to understand why you experience some changes that other people don't. Your skin type will strongly influence your decision about skin care. There are four basic types of facial skin: Normal, Dry, Oily and Combination. These are some tips to know your skin type and to learn what to use and what to avoid.

Dry Skin

Dry skin is the result of underactive sebaceous glands that don't produce enough sebum to keep the skin naturally lubricated. The skin has a dull appearance and feels tight and sometimes scaly. People with dry skin also have dry scalp and do not need to wash their hair often. Dry skin must be hydrated from the inside by drinking at least eight glasses of water a day and taking vitamin E. It must be hydrated from the outside by cleansing only once a day with a mild creamy cleanser, using sun block daily (we recommend The Sun Block by Skin Medica), and applying a thick creamy moisturizer twice a day (we recommend The Rejuvenative Moisturizer by Skin Medica). Since almost all skin types need a toner we prefer The Rejuvenative Toner by Skin Medica to be used only once a day. Because dry skin is more prone to get wrinkles, it is important to use an eye cream; we recommend TNS Illuminating Eye Cream by Skin Medica. Exfoliation should be done just once a week with a crystal free exfoliant; we prefer the Exfoliant by Skin Medica. A hydrating mask should be applied twice a week. Our favorite is The Hydra Repair Mask by Dermamed. In general all products used for dry skin should be gentle but very hydrating. Since not everything is negative for people

with dry skin, the good news is their pores are small and they never look shiny.

Oily Skin

Oily skin is caused by overactive sebaceous glands that produce too much sebum, resulting in skin that looks shiny and feels slippery. The pores are usually enlarged and clogged. Oily skin type is also prone to have acne, and people with this skin type have to wash their hair almost every day since the scalp is also oily. Vitamin A taken daily will help control sebum production. Oily skin types should be cleansed with a liquid cleanser twice a day. A toner is a must, also used twice a day, and we recommend the Acne Toner by Skin Medica. Sun Block is also essential but it has to be oil free; we recommend Daily Eclipse by Dermamed. Of course every one needs a moisturizer, but for you with oily skin it should be water-based and oil free. We recommend the Ultra Sheer Moisturizer by Skin Medica. Exfoliation should be done three times a week. When choosing make-up, make sure it is water-based, oil free. Since not all is negative for oily skin, the great advantage for people with this skin type is that they get less wrinkles and tend to look younger.

Combination Skin

In our experience, combination skin is the most common skin type. If you have a little bit of both dry and oily areas, then you have combination skin type. Usually the oily area is what is called the T-zone which is the forehead, nose and the area around the mouth including the chin. The dry areas are those around the eyes and the cheeks. People with combination skin type tend to get break outs along the T-zone. This skin type is the most difficult to deal with. Our recommendation is to cleanse twice a day with a gentle cleanser, use a toner for oily skin on the T-zone, an oil free sun block all over the face and a thick

creamy moisturizer for the cheeks and neck that are the dry areas. Exfoliation should be done three times a week but mainly for the T-zone. People with this skin type should also drink plenty of water, take vitamin E and A and use an eye cream since this area is dry and tends to wrinkle fast.

Normal Skin

What a great blessing to have normal skin. The sebaceous glands produce sebum at a moderate rate, resulting in a balanced state, not too oily, not too dry. Normal skin looks consistently plump, moist and vibrant. Pores are normal in size and very unlikely will experience breakouts. Normal skin type still requires care and attention. Cleansing twice a day with a soft liquid cleanser, tone once a day, (we recommend for this skin type the Rejuvenative toner by Skin Medica), daily use of sun block, and a light moisturizer (we recommend the Ultra Sheer Moisturizer by Skin Medica or the Green Tea Moisturizer by Dermamed).

The newest technology to determine skin type is the computerized VISIA skin analysis that offers a detail description of every area of your face. We offer this computerized skin analysis complimentary to every patient. In summary, no matter what skin type you have, the most important thing is to identify your skin type. This knowledge will guide you to know what to avoid and what products to use. Use of the wrong products can result in worsening of your skin appearance. As a general rule, always buy medical grade products and products that are color free and odor free. In the end, if we choose to take care of our skin, we will look and feel better as we age.

Skin Diagnostics Laser & Rejuvenation.
Call us for an appointment at 513-631-0059.