

BASIC SKIN CARE CHART

The information in this chart is general and may not be suitable for your skin. If you or your clients have any particular skin concerns or conditions, please consult your doctors.

		NORMAL	OILY	DRY	COMBINATION	SENSITIVE
		Normal skin requires very little maintenance. Since all skin types are susceptible to change its important that people with normal skin still maintain a regular skin care routine.	Oily skin easily becomes dirty as bacteria and dust are trapped by sebum on the skins surface. Therefore the skin is susceptible to breakouts. The natural oils do however, protect the skin from dehydration and aging.	For whatever the reason dry skin is dehydrated and needs moisture. The skin tends to become dryer as the skin ages. Surface dryness is also responsible for dull skin and may be easily treated.	Combination skin may require more than one form of treatment since it's both oily and dry in patches. Generally people will be oily down their T-zone and dry around their eyes, cheeks, jaw line and neck.	It is difficult to suggest a specific skin care routine for people with sensitive skin given the individual complexities of each case. Most dermatologists will recommend completely natural products if they haven't prescribed a medicated treatment.
CLEANSING	Cleansing the skin can remove impurities from the skins surface and prevent breakouts and irritation. There are thousands of cleansing products on the market.	Cleans with a milk cleanser that won't dry out the skin too much.	Using a foaming cleanser will help lift off excess oils or makeup. Be careful it doesn't over dry out your skin because it might trigger extra oil production. Some cleansers contain active ingredients such as salicylic acid which may help prevent breakouts.	A cream cleanser or oil based cleanser will help lift off your makeup and cleanse the skins of impurities. Avoid soaps that will dry out the skin.	Some combination skin types are more oily or more dry than others. If you're oily down the T-zone, you can cleanse using the same cleansers as an oily skin type, otherwise I would suggest a gentle cleanser much like a normal skin type so you don't aggravate a particular tendency.	Many cleansers on the market contain a multitude of different chemicals, preservatives, colours and perfumes. It is best to avoid such products and opt for a more natural product. Otherwise consult your skin care specialist.
TEXTURE & APPEARANCE	As the skin ages the top layer becomes thicker as skin cell migration slows down. Hence exfoliation helps. Avoiding the sun & hydration also improves texture and appearance.	Use a gentle exfoliator once or twice a week. Use SPF sunscreen and makeup. Maintain hydration will keep the skin fresh.	Exfoliate once a week. SPF sunscreen and makeup. If your skin breaks out don't exfoliate that area. It may break open infected pores that might spread bacteria.	Exfoliate two times or more a week to remove dead skin cells. Remember to moisturise after you shower or cleanse. SPF sunscreen and makeup	Use a gentle exfoliator once or twice a week. Use SPF sunscreen and makeup. Avoid exfoliating any area that is breaking out.	Consult a skin care specialist regarding the individual concerns. Use natural products. SPF is often very important unless you're allergic.
ANTI-AGING	All skin ages and as it changes, so does the structure itself. Avoid the sun, keep your skin hydrated, nourished your skin, exfoliate	Moisturise with a light cream. Avoid to many chemicals which can sensitize the skin.	Oily skin is the best at naturally anti aging. Avoid over drying the skin and use a lotion moisturiser if a cream is too rich.	serums and richer moisturisers can help plump up the skin and give it a fresher younger appearance. Eye cream may also be of benefit.	choose a moisturiser that suits your combination skin. Oilier - choose a lotion plus an eye cream, dryer - choose a cream. Opt for natural products	Consult a skin care specialist regarding the individual concerns. Use natural products that won't irritate the skin and avoid the sun to prevent premature aging.