

# Treating Your Unique Skin Type Right

## Dry Skin

Although that tight, parched feeling in the skin can be age-related, dry skin can also be caused by using a cleanser that's too harsh or a moisturizer that's not rich enough for your skin's needs. A gentle skin care routine can help make even the driest skin more supple and radiant.

**Cleansing:** Dry Skin needs a gentle cleanser. Fortunately, there are plenty to try: There are 'superfatted' soaps – often called beauty bars – that contain emollients such as olive oil or lanolin and there are milky cleansers and tissue-off cleansing creams.

**Moisturizing:** The drier your skin, the more hydrating ingredients your moisturizer should contain. Pick a product formulated with glycerin, hyaluronic acid, or dimethicone. These ingredients slow down moisture loss during the day, preventing further dehydration. Apply the moisturizer when your face and body are still damp to lock in the moisture.

**Sun Protection:** Dry skin produces less oil than other skin types, so its more vulnerable to inflammation. Use an SPF-15 sunscreen year round.

## Oily Skin

If you have oily skin, consider yourself blessed. The oil you bemoan now is a built in lubricant that will benefit your skin as you grow older.

**Cleansing:** If you are using harsh, detergent-based soaps and alcohol-laden astringents to dry the oil discontinue immediately. Over-time these products can damage your skin – and they may encourage already overactive oil glands to step up production. Try an oil-binding liquid or gel cleanser formulated for oily skin. Avoid any cream or superfatted cleansers.

**Moisturizing:** Depending on how oily your skin is, you may not need a moisturizer at all. But if you think you need one, go for moisturizers that contain humectants such as glycerin and Sodium PCA. They're lighter than creams and tend to contain less oil, so they won't clog pores.

**Sun Protection:** Try oil-free sunscreens to avoid breakouts. They'll keep your skin safe from the sun without the extra shine.

## Combination Skin

Caring for combination skin is a balancing act: You need to moisturize the drier areas, typically the cheeks, while treating the oiliness of the oilier areas such as forehead, nose and chin.

**Cleansing:** There are plenty of cleansers for combination skin on the market. If your T-zone is very oily, you can use an astringent-but only once a day. Use it more and you are setting yourself up for dry-flakey skin.

**Moisturizing:** The last thing you want to do is make your T-zone even oilier . So use a moisturizer only where you need it – on combination skin. If your under-eye area is dry use a cream specifically formulated for this delicate skin.

**Sun Protection:** Opt for an oil-free moisturizer or sunscreen with at-least SPF-15.