

UNDERSTANDING SKIN TYPES

OILY SKIN

Oily skin is indicated by blackheads – which are caused by oil – covering the whole face: the cheeks, forehead, chin, nose and even inside the ears. An oily skin will have noticeably larger pores and is often shiny throughout the day, with a more slippery surface caused by excess sebum – although this may not be the case if the skin is surface dry.

Common sub-conditions

Surface dryness, large pores, congestion, scarring and pitting, sebaceous hyperplasia, milia, excess facial hair, and inflammation and sensitivity caused by acne. There may be ruddiness and heat as well, which can include rosacea. You may also find that the skin doesn't heal quickly and needs to be extracted regularly and fed nutrients topically.

Things to avoid

Foods that can cause additional congestion on an oily skin include egg yolks, dairy products such as milk, cheese and ice cream, peanuts, oily fish such as salmon and anything fatty, like fried foods. Processed white sugar is also not great for oily skins and citrus can be an issue for teenagers as well, especially orange and other fruit juice.

Essential products

- A good non-foaming cleanser that will keep the skin thoroughly cleansed without causing surface dryness
- An exfoliant that has a buffing effect on the epidermis and will absorb dead skin cells
- An active product with an AHA, BHA or a retinoid to refine the pores and keep oil activity under control
- A physical sunblock that contains zinc, which is healing on the skin.

Recommended treatments

Regular extractions are very important for oily skins. At the start of their skincare journey, your client may need a facial with extractions every two to four weeks to clean out the pores and get congestion and pimples under control. Once their skin is clearer and the pore size is more refined, you can see them every four to eight weeks. However, they may need more frequent extractions in the summer months when oil glands are more active. Chemical peels are also very beneficial for an oily skin because they help with post-acne scarring and pitting, and with keeping pore size small. It's generally best to perform a peel once or twice a year. The skin tends to respond better to a peel in the summer months, when the sebaceous glands are more active and the skin is oilier – as long as you are mindful of how important it is to protect your skin from the sun after the procedure.

COMBINATION/OILY SKIN

Combination/oily skin is more oily than dry, with an oily T-zone that is really more V-shaped, extending from the forehead down across the cheeks under the eyes and narrowing towards the chin. Blackheads are typically found in this area, as well as large pores, congestion and pimples – both the more surface-level pustules and the deeper, painful nodules of hormonal acne. Dry areas are only seen on the very outer part of the face and under the ears.

As with a true oily skin, this oily area can often be shiny throughout the day. Unless the skin is suffering from surface dryness, it will have a more slippery feel to it that's caused by an over-production of sebum.

Common sub-conditions

Surface dryness, large pores, congestion, scarring and pitting, sebaceous hyperplasia, milia

and inflammation caused by acne. You may notice ruddiness, heat and sensitivity as well, which can include rosacea, dermatitis and eczema. As with a true oily skin type, the skin might not heal quickly and you may need to feed it by applying healing nutrients to help address post-acne marks and scarring.

Things to avoid

Depending on what you observe during skin analysis, you may need to talk to your client about avoiding the congestion-causing foods: egg yolks, dairy products such as milk, cheese and ice cream, peanuts, oily fish such as salmon and anything fatty, like fried foods. Processed white sugar and citrus can be an issue for teenagers as well, especially orange and other fruit juice.

Essential products:

- A good non-foaming cleanser that will keep the skin thoroughly clean without drying it
- An exfoliant or a mask that has a buffing effect on the epidermis and will absorb dead skin cells
- A treatment product with an AHA, BHA or a retinoid to refine the pores and keep oil activity under control
- A physical sunblock that contains zinc, which is healing on the skin.

Recommended treatments

For a combination/oily skin, a monthly facial with extractions will clean out the pores and get congestion and pimples under control.

A chemical peel once a year can also be good for keeping pore size small, and to address any old pitting or scarring.

COMBINATION/DRY SKIN

Combination/dry skin is more dry than oily. A few blackheads can be found, mostly on the nose and chin rather than the forehead and cheeks. Pores are usually on the smaller side.

Common sub-conditions

Surface dryness, larger pores in the oily nose and chin area, congestion – especially food-related congestion – and milia. Also inflammation and ruddiness, capillary damage, eczema, dermatitis and rosacea. As with a true dry skin, you may notice some pigmentation issues such as brown spots or sun damage.

Things to avoid

It's important not to over-exfoliate combination/dry skin by using strong acids or scrubbing granules. Use a mild, non-irritating exfoliant that will gently buff the surface of the skin and absorb dead cells.

Essential products:

- A good, non-drying cleanser to keep the skin clean, soft and supple
- An active treatment serum or moisturizer to brighten, tighten and tone the skin
- A good eye cream to protect and hydrate the eye area
- A non-drying physical sunblock.

Recommended treatments

A facial every four to eight weeks is great for this skin type – regular massage with lifting, upward motions helps keep the skin looking healthy and pretty.

Antioxidant treatments designed to boost the skin are good for addressing sun damage and brown spots. You can also perform treatments that use professional-strength retinoids or AHAs to help keep the skin tight and toned, and boost the production of collagen and elastin.

DRY SKIN

A dry skin type skin feels dry to the touch and is tight, lacking bounce and hydration. You'll see smaller-sized pores and no blackheads anywhere on the face. The skin feels in constant need of nourishment.

Common sub-conditions

Sensitivity, ruddiness, dilated capillaries, eczema and dermatitis. You may see some flakiness, tightness or sunspots. Wrinkles also tend to be deeper because of the lack of oil.

Things to avoid

It's important not to over-exfoliate the skin by using strong acids or scrubbing granules. Use a mild, non-irritating exfoliant that buffs the skin by absorbing dead cells, and make sure your client isn't exfoliating at home more often than once every 7–10 days.

Essential products:

- A good hydrating cleanser to keep the skin soft and supple
- A treatment serum or occlusive moisturizer that offers both hydration and protection
- A good eye cream to protect and hydrate the eye area
- A hydrating physical sunblock that will protect the skin from sun damage.

Recommended treatments

A monthly facial focusing on hydration and massage with lots of lifting, upward motions will help keep the skin looking healthy and pretty.

Boosting antioxidant treatments are great for lessening the effects of sun damage, lifting the skin and supporting the capillaries – especially on a thinner, more mature skin. You can also incorporate treatments that use stronger retinoids or AHAs to help stimulate fibroblast cells and boost the production of collagen and elastin to keep the skin strong, lifted and hydrated. Your client may also benefit from drinking plenty of fluids throughout the day and incorporating healthy oils such as avocado, certain nuts and fish oils into their diet to support the skin.