



YOUR ULTIMATE GUIDE TO
*Understanding
and Caring for
Your Skin Type*

www.dove-aesthetics.co.uk



Introduction

Understanding your skin type is the first step in building an effective skincare routine. Your skin's unique characteristics determine how it reacts to different products and environmental factors.

In this guide, we'll help you identify your skin type, understand common skin issues, and explore how Dove Aesthetics can support your skincare journey.

If you'd like some further help with understanding your skin type and ways to care for it, [book a consultation](#) with me - either virtually or in-clinic.

Understanding Skin Types

There are five primary skin types:

1. Normal Skin

Characteristics: Well-balanced, not too oily or too dry, few imperfections, minimal sensitivity

How to Tell: Your skin feels comfortable throughout the day with little shine or dryness

Care Routine:

- Gentle cleanser
- Lightweight moisturiser
- Daily SPF 30+
- Occasional exfoliation with AHAs/BHAs

2. Oily Skin

Characteristics: Excess sebum production, shiny appearance, prone to breakouts

How to Tell: Your skin appears greasy within hours of washing, and you often experience clogged pores

Care Routine:

- Gel-based cleanser
- Oil-free moisturiser
- Salicylic acid treatment for acne control
- Clay masks for deep cleansing





3. Dry Skin

Characteristics: Tight, flaky, or rough texture, dull appearance, more prone to fine lines

How to Tell: Your skin often feels tight after cleansing, and you may have visible flakiness

Care Routine:

- Hydrating cream cleanser
- Rich moisturiser with ceramides and hyaluronic acid
- Hydrating serums
- Avoid alcohol-based toners

4. Combination Skin

Characteristics: A mix of oily (T-zone) and dry (cheeks) areas, requires a balanced approach

How to Tell: Your forehead, nose, and chin are oily, while your cheeks may be normal or dry

Care Routine:

- Gentle foaming cleanser
- Use lightweight hydration in dry areas and mattifying products in oily areas
- Spot treatment for breakouts

5. Sensitive Skin

Characteristics: Prone to redness, irritation, and reactions to skincare products

How to Tell: Your skin stings or burns when applying certain products, and it reacts easily to environmental factors

Care Routine:

- Fragrance-free, gentle cleanser
- Sensitive skin serum
- Soothing moisturiser with ceramides and niacinamide
- Avoid alcohol, sulfates, and harsh exfoliants
- Introduce new products gradually

*Glowing skin
is always in*



Common Skin Issues

and How to Address Them

Acne (Hormonal & Bacterial)

Signs: Whiteheads, blackheads, cystic pimples

Treatment: Salicylic acid, benzoyl peroxide, retinoids

Recommended Products: Obagi Clenziderm System, Obagi Pore Therapy - salicylic acid (reduces sight of pores), Obagi Tretinoin Gel 0.05% - (prescription only), Epoch Marine Mud Mask

Hyperpigmentation & Dark Spots

Signs: Uneven skin tone, post-acne marks, sunspots

Recommended Products: Nutricentials Pump with vitamin c and collagen, Obagi Vitamin C Wash, Obagi Vitamin C Serum, Obagi Nuderm System with hydroquinolone

Rosacea & Redness

Signs: Persistent redness, visible blood vessels, sensitivity

Treatment: Calming skincare with azelaic acid and green tea extract

Recommended Products: Obagi Hydrodrops Serum (Kirsty's personal fave), Obagi Sunshield SPF 50, La Roche-Posay Toleriane Rosaliac AR Visible Redness Reducing Cream





Ageing & Fine Lines

Signs: Wrinkles, loss of elasticity, dullness

Treatment: Retinol, peptides, hydration-focused skincare

Recommended Products: Obagi Hydrodrops Serum, AgeLOC Tru Face Peptide Retinol Complex, Nutricentials Pump Serum with bakuchiol, Medik8 Peptide Serum

Dehydration & Dullness

Signs: Tightness, dull appearance, fine lines

Treatment: Hyaluronic acid, barrier-repairing moisturisers

Recommended Products: Obagi Hydrodrops Serum, Medik8 peptide Serum, Nutricentials Serum with ceramide and postbiotics Nu Skin Pillow Glow Sleep Mask

Eczema & Skin Sensitivity

Signs: Dry, itchy, inflamed, or flaky skin; may have red patches and increased sensitivity to skincare products

Treatment: Gentle, fragrance-free skincare, ceramides, colloidal oatmeal, and anti-inflammatory ingredients like aloe vera

Recommended Products: Nutricentials Serum with ceramide and postbiotics, Obagi Hydrate Luxe Moisturiser, Obagi Nu-Derm Gentle Cleanser, Obagi Hydrodrops Serum

Enlarged Pores & Texture

Signs: Visible pores, rough or uneven skin texture, excess oil buildup

Treatment: Niacinamide, salicylic acid, retinol, regular exfoliation (BHAs)

Recommended Products: Environ Lactic Acid, Obagi Pore Therapy with salicylic acid, Obagi Hydrodrops Serum



General Tips

- Cleansing is the most important step to achieving even and radiant skin. Lumispa by Nuskyn is an amazing product and Kirsty's favourite at-home device. It is not a brush - brushes damage the skin barrier - it's a silicone head which minimises pores, with anti-ageing technology (best used with ageLOC activating cleanser). Lumispa offers a deep clean without causing disruption to the skin barrier.
- Find a SPF you like and will use, and use it daily - even on cloudy days and during winter months.
- Do not use exfoliating products like apricot scrub - acids are best for exfoliation.
- If you aren't using retinol - you should be.
- Have a virtual consultation with Kirsty, and she can organise a delivery of the perfect skincare for you, talk you through using the products, and provide check in's as you use them.

How Dove Aesthetics Can Help

At the Dove Aesthetics Clinic, we offer expert treatments tailored to your skin concerns. Whether you're struggling with dullness, signs of ageing, dehydrated skin, or anything else that's troubling you, our clinic provides:

- **Advanced Skincare Consultations:** Professional skin assessments to determine the best treatment for you. During your consultation Kirsty can advise you on using the Vera app which can help you determine your skin type.
- **Customised Treatment Plans:** Designed for your unique skin type and your desired skin goals.
- **The Tweakment Bank:** With this [monthly subscription service](#), you can spread the cost of your treatments whilst having full access to all that Dove Aesthetics has to offer - plus exclusive membership perks.
- **Medical-Grade Skincare:** Access to dermatologist-approved products for taking care of your skin at home. Kirsty is a prescribing clinical pharmacist and certain skin issues will require prescription only products to treat as they are the best products to used, particularly for pigmentation and acne as well as some potent anti-ageing products .

In Summary

Knowing your skin type is the key to choosing the right products and treatments. With the right routine and professional guidance from the Dove Aesthetics Clinic, you can achieve your best skin yet.

The skincare industry can be overwhelming - [book a consultation](#) if you need help finding the right products and routine for your skin concerns.

With medical-grade skincare products available to buy in-clinic, access to prescription only skincare solutions via Kirsty, plus a wide range of aesthetic treatments to address some common concerns, you can choose the perfect care and treatment routine for your skin's unique needs.



Let's keep in touch

If you have any further questions, would like to find out more about the range of treatments and products available at Dove Aesthetics, or would like to book a consultation, I'd love to hear from you.

Kirsty



www.dove-aesthetics.co.uk



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