

SKINTYPE

MAJORITY SKIN TYPES = You're born with this skin type and this means your lifestyle, work and environment can negatively influence your skin type to lean towards or develop into one of these 3 types.

Your daily skincare regime is a combination of treatments and products that may need to be excluded and basic fundamentals and essentials that need to be followed.

PERMANENT DIFFUSED REDNESS

- This type has typical visual distinctions such as looking blotchy along with dilation of blood vessels as well as thin skin. This is seen often around the nose, cheeks, the front of the ears and chin.
- At times this skin type can or may have a sensitivity because of allergic reactions to specific materials and substances think of pollen, dust, medications
- The texture is fine and may scar easily.

PDR HOME CARE: use this checklist to highlight any triggers you may identify:

- Use products without fragrances or colours
- Avoid using harsh exfoliants and scrubs.
- Check your products don't contain AHA's (alpha hydroxide acids such as glycolic acids)
- Minimize extremes hot and cold temperatures changes
- Avoid or minimize spicy foods, coffee, alcohol
- Minimal sun exposure with sun protection at all times. Use sun protection wisely and use in tandem with antioxidants.
- Avoid artificial atmospheres (such as heat pumps, try to keep the temperature to an average of 20 degrees Celsius.
- Keep in mind the humidity of your environment. Low humidity an increase water evaporation from the skin reducing the amount of water in the skin to function well.
- Take a sufficient dose of essential fatty acids and water. Recommended daily intake is 3000 mg. But if under medical supervision consult with your medical professional.
- Look for products that contain essential fatty acids and are skin compatible

LIPID DRY

- This type has visual distinctions such as looking fair and having low oil (lipids) if any.
- At times you can see uneven texture that can be a little rough, dry and flakey
- Fine, threadlike capillaries along the cheeks, nose or chin can appear - The sensations feeling hot, burning and itchy
- You can see the presence of milia. (milia is a build up of keratin trapped under the skin barrier —> see more about this in your Bonus #2 Beautiful Eyes)

LIPID DRY HOME CARE

- Use a skincare for dry skin
- Masks should be non-drying on the skin
- Don't use harsh exfoliants and scrubs
- Avoid using chemical peels
- Use topical Essential Fatty Acids
- Use skin identical products for lipid dry skin to maintain the skin barrier
- Minimal sun exposure and protect/reapply sun protection appropriately
- Avoid/minimise artificial atmospheres (think of heat pumps) (such as heat pumps, try to keep the temperature to an average of 20 degrees Celsius
- Take a sufficient dose of essential fatty acids and water. Recommended daily intake is 3000 mg. But if under medical supervision consult with your medical professional.
- Look for products that contain essential fatty acids and are skin compatible.

OILY

- Oily skin is the result of over-active sebaceous glands.
- Skin texture will appear thicker
- Pores are more visible and dilated
- You will have a build up of skin cells (called inter-follicular compaction) - Visible more oil flow and the skin can look pasty and pale
- Diffused redness can be seen alongside this skin-type.
- Scarring may also be existent on the skin

OILY HOMECARE

- Use skincare for oily skin, without fragrances and colours
- Use masks for oily skin only on oily areas
- Avoid using harsh scrubs and exfoliants
- Keep sun exposure to a minimum and use sun protection
- Avoid overrating and over exfoliating the skin