

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Oily skin care

By Tania Jain

To start the discussion on oily skin care, it's imperative to first understand the cause behind oily

skin. Put simply, oily skin is a result of excessive production of sebum (an oily substance that is naturally produced by skin). As is known to everyone, excess of everything is bad; so excessive sebum is bad too. It leads to clogging of skin pores, resulting in accumulation of dead cells and hence formation of pimples/acne. Moreover, oily skin spoils your looks too. So, 'oily skin care' is as important as the 'skin care' for other types of skin.

The basic aim of 'oily skin care' is the removal of excessive sebum or oil from the skin. However, oily skin care procedures should not lead to complete removal of oil. 'Oily skin care' starts with the use of a cleanser. However, not all cleansers will work. You need a cleanser which contains salicylic acid i.e. a beta-hydroxy acid that retards the rate of sebum production. Cleansing should be done twice a day (and even more in hot and humid conditions).

Most of the oily skin care products are oil-free; however, it is always good to check the ingredients of the product, before you actually buy it. This is especially important if a product is marked as 'suitable for all skin types', instead of 'oily skin care product'. 'Oily skin care' is also dependent on the degree of oiliness, if you aren't too oily, so some of these 'suitable for all'- type of products might be work for you too. For extremely oily skin, only oily skin care products are suitable. Your oily skin care routine can include an alcohol based toner (for an extremely oily skin). This can be the second step in your oily skin care routine i.e. just after cleansing. However, excessive toning can harm your skin.

The next step in your oily skin care routine can be a mild moisturiser. Again, the degree of oiliness of your skin will determine whether you need to include this in your oily skin care routine. If you do decide to include a moisturiser, be sure to use one that is oil-free, wax-free and lipid-free. You could also use a clay mask (say once a week) as an oily skin care measure.

As far as the oily skin care products go, you might need to try out a few before you arrive at the one that is really suitable for your skin.

Oily skin care

In case these measures don't give you the desired result, consult a good dermatologist for advice. He could prescribe stronger oily skin care products like vitamin A creams, retinoids, sulphur creams etc , which can help counter the problems of oily skin.

Tania for <http://www.ultimate-cosmetics.com> . Find lots of makeup and beauty tips here with loads of information on

skin care

The Best Skin Care For Oily Skin

By Low Jeremy

Oily skin can be really tricky to take care of because one wrong move can spell disaster for the skin. One must remember that among the basic skin types, oily skin is perhaps the most sensitive and easily triggered.

Although having oily skin will lessen the possibility of developing wrinkles and lines early in life, one will compensate by being prone to acne, pimples and all sorts of blemishes. This is because over-activity of the sebaceous glands make it more likely for the pores in the skin to get clogged. Clogging of pores with grime, dead skin cells and bacteria trapped inside, can result to swelling and red bumps.

Below are some of the tips that will help you take care of your oily skin.

1. Choose what you put in your face

Oily skin can be very sensitive to irritation. This makes choosing the products that will not irritate the skin all the more difficult. For despite having products that are made especially for oily skin, there are skin types that are very allergic to some ingredients.

It is also recommended that people with oily skin refrain from using cosmetics and skin care products that are oil-based or those that are oily. Using oily products will only add to the oil already on the skin. They should instead use water-based products that are easily removed.

2. Wash your face

Another solution to a problem is the frequent washing of the face. This is done to prevent the build-up of oil on the skin which in turn will prevent the occurrence of acne. Basic hygiene is the single best solution to acne problems in oily skin.

3. Remove Make-up

Another reason why pores are clogged is the interaction of chemicals and oil on the skin. To prevent

Oily skin care

this, avoid sleeping while there is still make-up on your skin. This is actually a no-no for all skin types but all the more important for people with oily skin.

4. Be consistent with your treatment

In taking care of oily skin, it is important that you are consistent with your treatment. Most people with oily skin will probably be asked to use cleansers and then toners. Astringents are also popular as it helps exfoliate the skin and remove dead skin cells on the surface. Moisturizers are sometimes forgone because the skin is oily and moisturized as it is.

This content is provided by Low Jeremy. It may be used only in its entirety with all links included. For more information on Skin-Care & other useful information, please visit

<http://skin-care.articlekeep.com>



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Oily skin care

