

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!

Skin Type – Do You Know Yours?

By Sheila Dicks

Skin Type – Do You Know Yours?

by: **Sheila Dicks**

In order to care for your skin properly you must first determine the type of skin you have. There are 5 types of skin: Normal, Dry, Oily, Combination and Problem Skin.

Normal:

The skin is soft, supple and smooth. It is fine-textured and free of blemishes (with the exception of periodic blemishes). It has a nice glow and never feels oily or dry. Less than twenty percent of women have this skin type. If this is your skin type you are fortunate; however, this does not mean that you shouldn't take care of it.

Dry:

This type of skin to has a fine texture and is transparent looking. It feels tight and drawn without moisturizer and tends to have fine lines around the eyes and mouth. It feels especially dry after washing and may have whiteheads around the eyes and dry patches. This type of skin needs proper care because it shows signs of aging early.

Oily:

The oily complexion is greasy, sallow and course. It has large pores and tends to have pimples, blackheads and whiteheads. Within hours of washing the oiliness will reappear and makeup is usually absorbed quickly.

Combination:

This type of skin is oily in the T zone and the rest of the face is dry. The T zone is the forehead, nose and chin. The extent to which both areas are dry and oily may vary; however, both areas require a

Skin Type – Do You Know Yours?

separate cleaning routine to restore them to balance.

Problem Skin:

Problem skin is usually oily and has a coarse texture and is subject to acne. It has large pores, blackheads, red blotches and may become more irritated under stress. If the problem is serious it will require the assistance of a dermatologist.

There are also 2 skin conditions that may occur either together or separately and may occur with any skin type. These are sensitive and allergic conditions. If when applying skin care products you begin to sneeze, wheeze, itch or breakout you are probably allergic. Skin that appears thin, pale and flushes easily and may be sensitive and be subject to allergies. If this is the case, treat your skin gently and use hypoallergenic products.

Sheila Dicks is a wardrobe and image consultant who teaches women how to look slimmer by dressing to suit their body type. Visit her at

to download a copy of her

e-book Image Makeovers and get How to Build a Wardrobe free.

The Different Skin Types – Which Skin Type Are You?

By Ryan Cote

The way your skin behaves and reacts determines the type of skin you have. Basic skin types include oily, dry, combination, normal and sensitive. The skin on your face is the best guide to classifying your skin type.

An easy way to find out what type of skin you have is to cleanse your face, wait for an hour and then take a tissue and wipe your forehead, nose, cheeks and chin. If the tissue picks up oily residue from all these areas, you have oily skin; if it picks up oil only from the forehead, nose and chin (T-zone), you have combination skin; if it picks up dry, flaky skin, you have dry skin; and if you do not find oil or flakes, you have normal skin. No matter what type of skin you have, cleansing and moisturizing twice a day is an important part of having healthy, attractive skin. Choose products that are designed for your particular skin type for maximum results.

Beyond the basic skin types, you may also have sensitive skin. Although sensitive skin is often dry, any type of skin can be sensitive. Sensitive skin is usually thin, delicate, reacts quickly to hot and cold temperatures, is easily subject to sun and wind burns and is prone to allergic reactions. Cleansers, detergents, cosmetics, alcohol-based external products and temperature changes can make sensitive skin red, dry, itchy, blotchy and even reveal surface veins. The most favorable type of products to use on your skin are fragrance-free and non-comedogenic (non-pore clogging) with a sunscreen with an SPF of 15 or more. Before using any product, it is a good idea to test it on the inside of your wrist to

Skin Type – Do You Know Yours?

see if your skin has any reaction to it. Always choose mild cleansers and use a soft towel on sensitive skin.

Knowing the different skin types, and which one you have, is the first step toward choosing a skin routine that makes you look and feel your very best.

Ryan Cote is the owner of

, a website providing spa-quality, professional

skin care treatment products that will make a difference in the appearance of your skin. Free resources available as well.

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



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!