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

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 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.

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The Different Skin Types – Which Skin Type Are You?

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

Using the Right Skin Cleansers for Your Skin Type

By Donna Monday

Whether you have oily skin, dry skin, or normal skin, it's very important that you choose the right type of skin cleansers for your skin type to obtain maximum results.

There is a dazzling array of skin cleansers on the market including: Oil facial cleansers, lemon facial cleanser, low foaming facial cleansers, acne facial cleansers, and even facial cleansers for men. Looking at facial cleanser reviews online may help you find the best facial cleansers for you. However, you may just decide to make your own homemade facial cleansers.

Whether your facial skin cleansers are homemade or store bought, washing your skin helps it shed old skin cells and stimulates the new ones. If you're in your teens and twenties, your skin cells renew themselves very quickly. The older you get, the longer the cells take to renew. This can lead to buildup of oil and dirt, which can make skin look dull and flaky.

By gently scrubbing your skin's surface, you can speed up the release of new cells, which will leave skin looking fresh and young. Mildness and rinsing ability are important factors when choosing a cleansing soap.

Dry skin types should use super fatty cleansing soaps with lots of moisture added.

Oily skin types should use a non-greasy, milky skin cleanser that leaves no sticky film on the skin.

Sensitive skin types should only use mild soaps with no fragrance or fancy ingredients.

Normal skin types can use any type of facial skin cleansers, homemade or store bought. However, you should make sure your cleanser rinses off easily with water.

Choosing the best skin cleanser for your skin type will ensure that your skin always looks fresh and beautiful.

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Donna Monday

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