

The key to a glowing complexion is finding the right products for your skin type. Here's what you need to know

BY NTHABISENG  
MAKHOKHA

# Face TIME

## SKIN TYPES

The first step is to figure out your skin type, says Evolve Day Spa manager Kim Franco. Your best option here is to consult a skincare professional, such as a dermatologist or skincare therapist, who'll give you a detailed analysis and recommend suitable products.

### OILY SKIN

This type of skin produces a lot of sebum, an oily secretion, resulting in a shiny or greasy appearance. Blackheads, breakouts and enlarged pores are common.

### COMBINATION SKIN

You probably have an oily T-Zone (your brow, nose and chin) and normal-to-dry skin on the other areas. Enlarged pores and breakouts appear on the T-Zone, and dry areas can be itchy and irritated.

### DRY SKIN

This type produces too little sebum and therefore lacks lipids (the skin's natural fat) and lustre. Skin can feel tight and itchy and can be irritated easily.

## CARE GUIDE

Basics such as face wash, moisturiser and sunscreen maintain and protect the skin. Serums give visible results because they contain active ingredients that are meant to seep into the skin. Masks either support your regimen by further removing impurities or by delivering high doses of active ingredients into the skin. Professional treatments are clinical doses of active ingredients monitored by skincare professionals to give quick results.