

YOU LIFESTYLE

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

BY NTHABISENG
MAKHOKHA

Take care of your FACE

SKIN TYPES

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

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.

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.

COMBINATION SKIN

Indications of this kind of skin are an oily T-zone (your brow, nose and chin) and normal-to-dry skin on the rest of your face. Enlarged pores and breakouts appear in the T-zone, while dry areas can be itchy and irritated.

CARE GUIDE

Basics such as a face wash, moisturiser and sunscreen maintain and protect the skin, while 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, and professional treatments involve clinical doses of active ingredients monitored by skincare professionals to give quick results.