***"I bought an expensive cream, but it did work for me."***

***"In winter, I seem to use the same cleanser, but after washing my face suddenly starts to burn."***

***These cases speak of how important it is to know the skin type and what it is used to. In the same way, as we know our shoe size, clothing size and bra measurements.***

***Each person has individual skin: it differs in structure, metabolic rate, sensitivity to stimuli.***

***Accordingly, our skin looks differently and needs different care products.***

***There are 4 main types of healthy skin:***

* ***Normal***
* ***Oily***
* ***Dry***
* ***Combination***

Test

1) Take a look in the mirror. The pores of your skin are:

A. Almost invisible

B. Small but still visible

C. Bigger in the areas of the nose or forehead

D. Enlarged

2) Dab a cosmetic tissue to your cheeks, nose, forehead and chin.The tissue has:

A. No oily prints

B. Light prints, almost unnoticeable

C. Imprints left from the nose, chin, forehead

D. Clear prints from every touch

3) How do you usually feel after washing your face?

A. Tight skin and feels dry

B. The face is smooth, refreshed

C. In some areas the skin is smooth, in others skin is peeling

D. Pleasant feeling of freshness

4) 2 hours after washing your face, your skin is:

A. Tight, slightly itchy

B. Fresh, clean

C. Shiny on the forehead and / or nose, chin

D. Oily on almost all areas of the face

5) How often do you get acne, blackheads, whiteheads?

A. Never

B. Rarely

C. Sometimes

D. Often

6) How does your skin condition depend on the season?

A. The skin is very dry, chapped and flaky in winter

B. The skin tolerates heat and cold equally, but it’s more dry in winter

C. The skin is more oily in summer than in winter

D. The skin tolerates winter well, but in summer acne and blackheads appear much more often

Count your answers:

If you answered mostly A - you have dry skin

If you answered mostly B - you have normal skin

If you answered mostly С - you have combination skin

If you answered mostly D - you have oily skin

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Answers

**Answer A**

**Dry skin:** take care while your young

Dry skin is thin, delicate, almost never shiny. It produces little sebum. The pores are small and almost invisible. After washing with soap, an unpleasant sensation of "tightness" appears, the face itches and flakes. Dry skin is not prone to acne and rashes, but it is easily chapped. In response to external stimuli, red spots, dry "scales", micro-cracks appear. This skin may look great when young, but without care is prone to early wrinkles and premature aging.

Some have dry skin from adolescence. For others, it "dries up" for various reasons:

* age,
* because of the lifestyle,
* stress or climate change,
* influence of the sun, wind, coarse water,
* disorders in general metabolism

In any case, dry skin is dehydrated: it loses more moisture than it receives.

And this must be corrected with proper care:

* Choose mild cleansers: milk or gel
* Use day creams that form a thin protective layer on the skin
* Apply cosmetic oils and nutrient-rich creams

**Answer B**

**Normal skin**: cherish your dream

Normal skin is smooth, firm and fresh. The dream of any girl, she glows with an even healthy color. She has a good water and oil balance, so she does not shine from oils and does not "dry out". Such skin normally tolerates washing with foam and soft water at room temperature. The face remains fresh until the evening. Still, small pores may be visible on the nose and chin, and glossy areas or pustules may appear before menstruation.

The "ideal balance" of normal skin is sometimes disturbed. In winter, it can become drier, and in summer, when the secretion of the sebaceous glands increases in heat, the face becomes oily.

In addition, over the years, normal skin slowly turns to dry.

To maintain the radiance and health of normal skin, it must be carefully cared for. It is not enough to win such a "prize" in the lottery, you also need to keep it. The skin must be protected from irritants, cleansed and moisturized.

* Choose mild cleansers
* Use light, non-greasy moisturizers
* Once a week you can do deep cleaning using a scrub

**Answer C**

**Combination skin:** needs a different approach

This is the most common skin type. Combination skin has both oily and normal or even dry areas. Generally, the skin on the nose, forehead and chin is more oily. These areas are called the T-zone. Here, pustules are more often formed, enlarged pores, black spots are visible, within an hour after washing the skin becomes shiny.

At the same time, on the temples and cheeks, the skin can be normal (even, matte) or even slightly dry. However, oily and dry skin areas can be positioned differently.

Skin care for combination skin type depends on the season and its condition. Seperate care helps to even out the condition of different areas. The simplest option: cleanse the skin with universal milk cleanser or facial wash, and then treat oily areas with a drying tonic, and apply a moisturizer to dry ones.

**Answer D**

**Oily skin** - it will not age soon

Oily skin is a headache for its owners. The pores of such skin are usually enlarged, and the sebaceous glands secrete an increased amount of sebum. Therefore, the face almost always shines, and when touching the skin with a napkin, you will see oily marks. Oil clogs the pores, and pathogenic microbes accumulate and multiply in them. As a result, inflammation, acne, and comedones often occur on the skin.

This type of skin requires particularly special care. It must be carefully dried with cosmetics, but it is important not to over dry it. Oily skin can also suffer from dehydration at the same time, and its owners do not even understand the reasons for their skin feeling tight.

To care for oily skin, use:

* Cleansing foam, with fruit acids, chamomile extracts, celandine, etc.
* Deep cleansing lotions with anti-acne (anti-rash) effect
* Drying tonics
* Light moisturizers
* Intensive cleansing masks

Important: creams, scrubs and masks are not to be applied to the skin with rashes or inflammations. When severe acne and inflammation appear, it is better to consult an aesthetician or a dermatologist.

The good news is that oily skin tends to age more slowly. Wrinkles on it are formed later: excess sebum forms a reliable "protective layer" and protects it from drying out. With good care, such skin becomes normal over the years and delights with its freshness for a long time.

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website colors and theme

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