

# The truth about oily skin

## Understand what your skin type means, its misconceptions and the ingredients to look out for.

*Section: Focus area stories*

What is oily skin?

People who produce an abundance of skin's natural oil sebum are said to have oily skin. Like any skin type, oily skin has advantages as well as needs. Shine, visible pores and pimples are all oily skin challenges.

What causes oiliness?

“It doesn’t need moisturiser”

Skin oil and hydration are not the same

It may feel counterintuitive, but oily skin can still be dry and skipping the moisturiser can even make skin oilier as the skin barrier overcompensates. Look for a lightweight moisturiser and has a non-greasy, mattifying finish.

“Oily skin ages better”

Yes, but don’t get complacent

Oily skin tends to be thicker which is better for ageing, but don’t think you can ignore a consistent skincare routine. Regardless of your skin type, a good SPF and a hydrating serum are important. Hyaluronic acid will deliver intense moisture, helping skin appear plump, firm and refreshed.

“Don’t use facial oil if you have oily skin”

This one is just not true

You’d be forgiven for thinking people with oily skin can’t use oils, but it’s just not true. That’s good news because they have real benefits. Just make sure you choose the right oil for your skin type. Look out for lighter oils that absorb fast and don’t sit on the skin.

The ingredients you need for oily skin

Niacinamide

This pore-shrinking powerhouse tackles excess oil and as a bonus, fades post-blemish marks. Niacinamide and retinol work better together. Apply niacinamide serum first.

Hyaluronic acid

We’ll say it again. Oily skin needs hydration too. A light hyaluronic serum will pull water into skin without clogging. Use hyaluronic acid before retinol to prevent dryness.