

# The truth about combination skin

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

*Section: Skin type stories*

What is combination skin?

Combination skin is a common skin type, characterised by a mix of both dry and oily areas on your face. Your skin type and its needs can evolve over time with age, genetics and lifestyle.

“Combination skin must be oily”

Yes... and also the opposite

Some areas will be oily, some will be dry. It's a doubly-complex skin type that needs twice as much care. As always, understanding your skin type's unique needs is the best place to start.

“It's easy to care for combination skin”

Twice the care

Combination skin has combination needs. The T-Zone makes dullness, spots and pores a challenge and the rest of the skin can be tight and dry, which spells double trouble for skincare.

“Combination skin is less sensitive”

Combination skin can be delicate

When it's being sensitive, it will defend itself by producing more sebum. Team Combination needs to avoid very hot or cold water, shun rough exfoliation and stay far away from alcohol-based products, hard water and soap bars.

“You'll always have combination skin”

It can come and go

Our amazing skin is complicated and combination skin might surprise you by packing up (or popping up) suddenly. Pollution, tobacco, sun or stress can cause a change and so can internal factors like hormones, contraceptives, illness and even a lack of sleep.

The ingredients you need for combination skin

Hyaluronic acid

Hyaluronic acid is a power plumper that boosts hydration and elasticity by acting as a moisture magnet. Deeper in the skin, it acts like a reservoir that supports collagen and elastin.

Lactic acid

This sensitive-skin hero hydrates and gently removes dead cells and dirt. It also balances oil production, reducing the appearance of oily skin in prone areas.