Skin Types

It is important before buying any skin care products or makeup that you know which skin type you have. If you go to a salon for treatment the therapist will analyse your skin and then use the most appropriate products for your skin type. This will help to keep your skin in the best condition and prevent any irritation occurring.

Unfortunately once we reach puberty and our hormones begin to have an effect on our bodies, our skin type can change with the fluctuating hormones at different times in our lives. For women this happens at puberty, before and during menstruation, pregnancy and menopause. Our skin condition can change from flawless to spotty in no time at all!

In general there are FIVE basic skin types and they all have certain characteristics. To help you recognise your own skin type look at the following characteristics and decide which type you may be.

**Normal Skin Type**
- Looks smooth and even textured
- The colour is even
- It feels neither greasy nor dry
- Normal pore size
- It is soft and supple
- It has a high degree of elasticity
- Doesn’t react to external stimuli

**Dry Skin Type**
- Dull looking complexion
- May appear flaky in places
- No sign of oil on the skin
- Small pore size
- Feels tight after washing
- Fine lines appear prematurely particularly round the eyes

**Oily Skin Type**
- Sallow in colour
- Shiny skin
- Thick texture
- Excess oil production
- Open pores
- Prone to spots and blemishes
**Sensitive Skin Type**
Pale in colour
Translucent appearance
Pores barely visible
May have areas of high colouring
Prone to broken capillaries
Easily irritated

**Combination Skin Type**
Evidence of more than one skin type
Oily centre panel
Large pores in some areas
Different skin textures
Dry, sensitive or normal elsewhere

When analysing your own skin some easy tips to follow are

**Colour** - the paler the colour the more sensitive the skin will be, the more sallow the colour the more likely it is to be oily. If the skin is very red or becomes red very easily it is sensitive

**Texture** - the thicker the skin texture the more oily it is likely to be, the thinner the skin the more dry or sensitive it is. If your skin feels rough then it is drier and if it feels smooth and moist then it is probably oily. The skin may also feel very coarse and bumpy if there are scars left from an acne skin condition

**Pore size** - the larger the pore size the more oily your skin is likely to be and the finer and less evident the pore size is, indicates a dry to sensitive skin type.