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spa & beauty therapy in practice

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

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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.