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Beginner lessons for Skin Types

Understand Your Skin Type for Effective Skincare!

DEFINITION

> Skin types are classifications based on oiliness, dryness, and sensitivity. Knowing your skin type helps you choose the right products for healthy skin.

KEY CONCEPTS

Normal Skin

Balanced moisture and oil levels, few imperfections, and a smooth texture.

Oily Skin

Excess oil production leading to shine, enlarged pores, and potential acne.

Dry Skin

Lacks moisture, may feel tight or flaky, and can show fine lines.

Combination Skin

Mix of oily and dry areas, often oily in the T-zone and dry on cheeks.

Sensitive Skin

Easily irritated, may react to products with redness, itching, or burning.

EXAMPLES

→ Use a gel moisturizer for oily skin.

→ Opt for a creamy cleanser for dry skin.

→ Choose fragrance-free products for sensitive skin.

MEMORY TIPS

★ Remember 'NODS' for Normal, Oily, Dry, Sensitive.

★ Think of 'C' for Combination - it combines different skin types.

★ Visualize a face with different zones to recall Combination skin.

COMMON MISTAKES

✗ Using products meant for oily skin on dry skin.

✗ Ignoring sensitivity when choosing skincare products.

✗ Not adjusting skincare routine with seasonal changes.

QUICK RECAP

Identifying your skin type is crucial for effective skincare. Normal, oily, dry, combination, and sensitive are the main categories. Tailor your products to match your specific skin needs for best results.