



Skin Care Products Awareness



Cleansing milks- non-foaming lotion cleansers; good for dry and sensitive skin; may be applied with hands or an implement but must be removed with a dampened facial sponge, soft cloth, or cotton pad

Foaming cleanser- contain surfactants (detergents) which foam and then rinse off easily; generally used on oily or combination skin

Toners (fresheners or astringents)- lotions that help to balance pH and remove remnants of cleanser from the skin; often have a higher alcohol content and are used on oily skin

Exfoliants- products that remove excess dead cells from the surface (stratum corneum) of the skin

Mechanical exfoliants- physically remove dead cells (gommages also known as roll-off masks and microdermabrasion scrubs are examples)

Chemical exfoliants- contain chemicals that dissolve or loosen dead cell buildup; many use alpha hydroxyl acids; **enzyme peels** are an example.

Moisturizers- increase the moisture content on the skin's surface; diminish the appearance of fine lines and wrinkles; contain humectants or emollients

Humectants (hydrators or water-binding agents)- ingredients that attract water

Emollients- oily or fatty ingredients that prevent water from leaving the skin.

Sunscreens and Day Protection- be sure sunscreen has both UVA and UVB protection; recommended for daily use

Serums- concentrated products with higher concentration of ingredients designed to penetrate the skin and treat various conditions

Massage creams- lubricants used to make the skin slippery during massage; must be thoroughly removed if other products are to penetrate the skin

Masks- concentrated treatment products often composed of mineral clays, moisturizing agents, skin softeners, aromatherapy oils, botanical extracts and other ingredients to hydrate, cleanse, tighten, exfoliate, tone, and nourish the skin

Clay-based masks- oil-absorbing cleansing masks; exfoliate; act as an astringent making pores appear smaller temporarily

Cream masks- contain oils and emollients; strong moisturizing effect

Gel masks- good for sensitive or dehydrated skin

Alginate masks- seaweed based; a treatment cream is placed underneath then the alginate masks is put on top to seal in moisture (generally used in salons only)

Paraffin wax masks- mask contacting paraffin which are melted and put on over top of a treatment cream so ingredients can penetrate the skin

Modelage- contain special crystals of gypsum; used with a treatment cream; the mask hardens; benefits dry, mature skin

Gauze- a thin, open-mesh fabric of loosely woven cotton; may be used under masks to hold ingredients in place while allowing for absorption.