

SKIN TYPES



Understanding your skin's unique needs is critical for creating an effective skincare regimen. Just as no two people are the same, no two skin types are created equal. This means that what works for one person's skin may not work for another's, and the inverse is true as well.

In terms of skin type, the four main categories are normal, dry, oily, and combination/matured.

While normal skin appears to be evenly distributed in moisture, dry skin may appear flaky, or have a tight, scaly feel to it; on the other hand, oily skin is one that produces too much sebum, and combination skin, while seemingly balanced around the cheeks, may appear oily around the tzone (forehead, nose and mouth). Other factors, such as sebum production and sensitivity and the propensity to acne formation, will impact the different sexes.

This means that you need to know your skin type and how to care for it in order to know how to best care for your skin. Our genetics, age, and the environment play a major role in the development of our skin type; however, the skin is also influenced by both internal and external situations, it is exposed to. So, our diet and overall health also play a role in how our skin appears.

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Normal skin is also called Eudermic skin, and it's used to describe skin that looks well-balanced and isn't too oily or too dry. The pores on a person with normal skin are barely visible and they are not susceptible to blemishes, breakouts, or sensitivities. As a result of this, normal skin is typically smooth, soft, and pliable.

DRY SKIN- The term "dry skin" refers to skin that secretes less sebum than normal. A deficiency in skin oils, such as sebum, causes dry skin to lose moisture and become more vulnerable to external influences. As a result, the barrier function is affected. Dry skin, or xerosis, can be mild or severe and come in different forms that aren't always easy to tell apart. Many more women than men experience dry skin as they get older. Dry skin is a common complaint and accounts for 40% of dermatologist visits.

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THE CAUSES OF DRY SKIN

Dry skin is characterized by tightness and roughness. Those with dry skin have more noticeable wrinkles and lines. Water is constantly evaporating from the skin's surface due to:

Heat, stress, and physical exertion cause active water loss from the glands, which is called perspiration. Trans-epidermal water loss (TEWL) is the natural, passive way that the deeper layers of skin lose about half a liter of water a day.

urea, amino acids, and lactic acid are three common NMFs that are lacking in people with dry skin, leading to it becoming flaky and prone to infection.

Fats and cholesterol found in the epidermis are essential for maintaining a healthy epidermis-dermis barrier system.



OILY SKIN

The term "oily" refers to a skin type characterized by excessive production of sebum on the surface of the skin. Overproduction of sebum is known as seborrhea. Most people with oily skin have blemishes. The overproduction of sebum is caused by a number of factors, including genetics, hormonal changes, and imbalances. Medication. Cosmetics that make you break out from stress (make-up products that cause irritation) How do you tell the difference between the various types of oily skin that you have?

- ·Enlarged pores on the cheek
- ·Pores that are enlarged and clearly visible are a sign of oily skin.
- Acne symptoms are clearly visible on the forehead in this close-up.
- During puberty, the T-zone is a common area for acne concerns.
- Pores that are enlarged and easily seen are indicative of oily skin.
- a shiny look
- blood vessels may not be visible in thicker, pale skin.
- For those who suffer from blemish-prone skin, acne is more likely to appear in the form of comedones (blackheads and whiteheads). A large number of comedones can be found on the face, neck, shoulders, back, and chest in mild acne.

- Skin becomes red and inflamed, and papules and pustules (medium-sized bumps with a visible white or yellow dot in the center) appear in cases that are moderate to severe.

Combination Skin Type.

Combination skin is characterized by an oily T-zone (forehead, nose, and chin) and dry cheeks.

The T-zone and cheeks have different skin types in combination skin.

The T-zone (forehead, chin, and nose) tends to be oily, with large pores, while the cheeks tend to be dry and free of impurities.

There are two kinds of combination skin.

- Classic tzone: oily T-zone, sides normal, medium to coarse texture on T-zone,
- Tzone has enlarged pores.
- T-Zone has a shiny appearance.

Minor Combination– Oily in different areas, such as the forehead, the butterfly or the nose or the chin, but with the same features as above in the respective areas.

Mature Skin – Mature skin tends to have a duller complexion. For example, it could be dry and pale with open pores or be hyperpigmentation. Wrinkles may be more noticeable in people with mature skin because their skin is thinner or drier. Combination, oily, or dry skin types are all possible in mature individuals.



SKIN AGING

Symptoms of aging skin

As we get older, our skin naturally deteriorates in appearance. As we get older, our skin undergoes a gradual change in appearance.

With age, the skin loses its flexibility and elasticity, which are two of its most distinctive characteristics. As the skin ages, it loses its elasticity, causing wrinkles to form, which are often accompanied by pronounced expression lines, such as lines around the mouth and eyes.

What is the cause of this?

As we age, the ability of our skin to function properly diminishes. It takes more time for the cells to renew their outermost stratum corneum layer as the regeneration process slows down.

We will notice that our skin is more vulnerable to external factors and requires more nourishing bio-elements because the quality of the regeneration process has been lowered. As a result, the skin will be more vulnerable to environmental factors, such as incorrect skincare routines or habits, a deficient diet, sleep-insomnia rhythm alterations, or the dreaded stress, among others.

We must also consider the negative effects of ultraviolet (UV) radiation. It's also a common cause because photoaging speeds up the formation of

new cells in an unhealthy way. The basal layer of skin is damaged by UV radiation, which increases abnormal cell division and causes tissue damage.

The skin on our faces, especially, needs to be moisturized and fed on a daily basis if we want to avoid premature aging caused by dehydration and malnutrition. Taking care of our skin and preventing future damage should begin around the age of 35.

Even if you've never had acne, dry skin, or any other skin diseases before, it's possible that you will as you grow older. Your skin changes a lot.

SKIN CONCERNS.

	OILY	DRY	SENSITIVE	MATURE
Water Balance.	Superficial Surface dehydration by environment.	This skin is dehydrated, lacks oil /sebum		dehydrated due to inability of skin to retain fluid- it lacks sebum.
Sebaceous	Over production of oil, the face appears shiny	Skin has no or less sebum, it	Most times feels dry or oily, this skin can be	This can be programmed by hormones.

	<p>and dirty especially on the t-panel.</p>	<p>feels tight and flaky.</p>	<p>harsh due to cosmetic products and react easily to products.</p>	<p>A reduction in estrogen can reduce sebum production</p>
<p>Texture</p>	<p>Dilated pores or orifices, Coarse texture due to dead cell build up .</p>	<p>Thin skin layer, loss of moisture and protection</p>		<p>Evidence of fine lines and wrinkles expression</p>
<p>Thickness</p>	<p>The skin is thick due to slow desquamation and layers of cells and sebum.</p>	<p>No dilated pores or orifice, skin is fine and smooth, but more of superficial fine's lines and wrinkles.</p>	<p>Thin skin</p>	<p>Skin is thin due to low cell turnover.</p>

Complexion color	Accumulation of dead cell build up can lead to dull skin,	Because the skin is thin, it becomes reddish or pinkish.	Redish as a result of product reaction.	No glow, no radiance
Stimulation	Poor circulation	Easily stimulated due to high temperature	Easily stimulated.	Slow stimulation
Imperfections	Comedeones Papules Pustules Dilated pores	Wrinkles Blotchy flakiness	Redness Dehydration	Slow cell renewal Lack of muscle tone Loss of elasticity.

