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about  
you

lesson  
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what  
skin  
type  
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# what skin type are you?

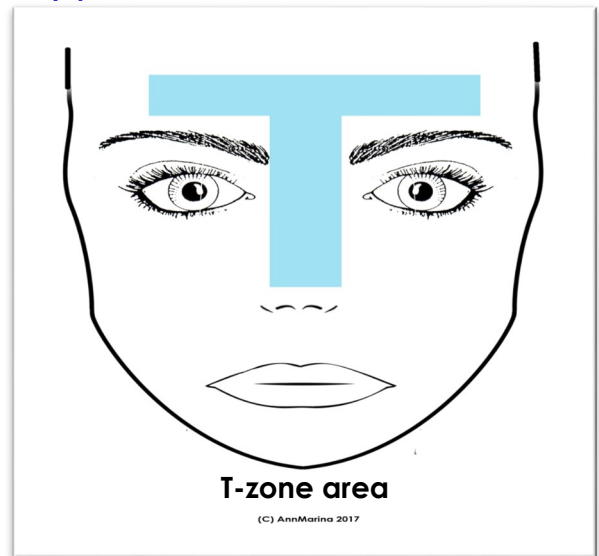
To have a successful makeup application you need to know what skin type you are

Poor skin analysis can lead to the incorrect selection of beauty products and makeup. This will result in your makeup not looking right, not lasting, 'sliding' off your face and the finished look not achieving what you want.

When you know what skin type you are you'll be able to buy the correct products you need for cleansing, toning, facial masks etc. to help any problems that you have and prepare your face for your makeup.

## how to diagnose your skin type

1. Thoroughly remove all makeup with makeup remover.
2. Wash your face with a gentle cleanser and pat dry with a clean fresh towel. Make sure you clean away oils and dirt that have accumulated on your face
3. Wait for half an hour for your skin to settle down and return to it's natural state. During this time relax and refrain from touching your face.
4. Pat your face with a tissue. Pay attention to the 'T-zone'--the area of your forehead and nose - picture 
5. Diagnose your skin type by seeing which category it falls into from the below list.



## skin types:

Facial skin is generally divided into four main types: **Normal, Dry, Oily or Combination**

The skin is a living organ and can change with the seasons, or even week by week. It is affected by your general health, diet, activity, age, hormones and working/home environment.



### normal

Normal skin is neither too dry or too oily. It is usually free of blemishes and feels supple and smooth.

#### Features of Normal Skin:

- ◊ Fine, smooth, even texture, not too thick or thin
- ◊ Well balanced moisture and oil content, rare spots and blemishes
- ◊ Good circulation with an even and clear skin tone
- ◊ Warm to the touch
- ◊ No open pores
- ◊ No dry, flaky patches
- ◊ Firmness of tone with very few lines.
- ◊ A radiant complexion

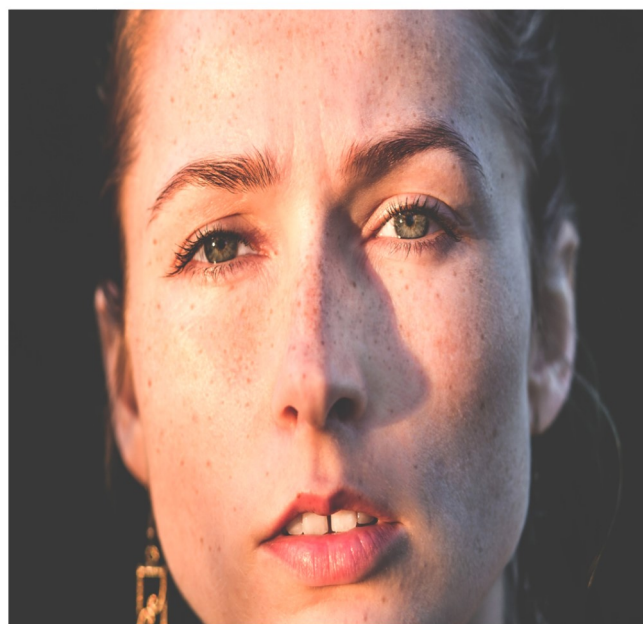
## dry

Dry skin feels tight and may show flakes of dead skin, with small pores. It's a skin condition caused by an insufficient secretion of sebum, too much sun, wind, harsh soaps, poor diet, age, medication and environmental factors.

Sebum: a moisturising oily, waxy matter released through the pores into the hair follicles to lubricate the skin and hair.

### Features of Dry Skin:

- ◇ Fine texture with almost invisible pores.
- ◇ Thin and transparent in appearance
- ◇ Looks and feels tight with a tendency to flake
- ◇ Dull, rough complexion
- ◇ Red patches
- ◇ Many lines and wrinkles around eyes and mouth often present from an early age
- ◇ Will react quickly to internal and external influences.
- ◇ Your skin is less elastic
- ◇ Your skin can crack, peel, or become itchy, irritated, or inflamed. If it's very dry, it can become rough and scaly.



## oily

If you found any oil on the tissue when you patted your face, you have a good chance of being classified as oily.

Oily skin is characterised by an overproduction of sebum and will appear thicker than other skin types with plenty of open pores that may be filled with dirt and grease, causing blackheads and other breakouts.



Oily skin is caused by a few different things, hormonal levels being a big part as they control the level of sebum produced.

Eating junk food and food with too much fat and oil can contribute to the oil condition of a skin.

A hot, humid climate may also cause more sebum production.

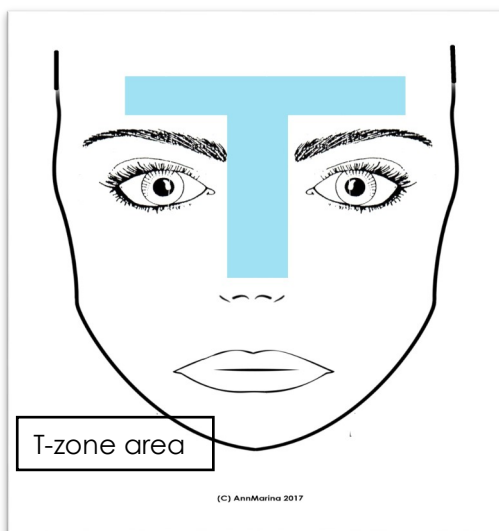
**Features of Oily Skin:**

- ◇ Shiny and greasy in appearance
- ◇ Course thick and uneven texture
- ◇ Enlarged open pores sometimes gives an 'orange peel' appearance
- ◇ Blackheads, pustules, milia (whiteheads)
- ◇ Occasional dry, dehydrated patches present
- ◇ Poor circulation often makes the skin appear sallow
- ◇ Less prone to fine lines and wrinkles

## combination

Combination skin is very common. Your skin can be dry or normal in some areas and oily in others, such as the T-zone (nose, forehead, and chin).

Combination skin can also describe conditions where wrinkles and breakouts or rosacea and dry skin are present at the same time.

**Features of Combination Skin:**

- ◇ Pores that look larger than normal, because they're more open
- ◇ Blackheads
- ◇ Shiny skin
- ◇ Dry flaky skin on the sides of the face

Combination skin also means that you may have fine lines and wrinkles and shininess and breakouts at the same time.

You may also experience rosacea on your cheeks and large pores on your nose.

## skin problems

As well as your skin type, you need to know what problems your skin might have.

## dehydrated

All skin types can show signs of dehydration due to a lack of moisture in the tissues. It may be a temporary condition varying from various factors in the external environment such as heat, cold wind and air conditioning.

Dehydration may also occur for internal reasons that may require medical attention. Factors such as illness, kidney/urinary conditions, medication, poor diet, diuretics, caffeine, lack of fluid intake, can all lead to skin dehydration. A dry skin will often become dehydrated because of a lack of lubrication (sebum) causes excessive evaporation of fluid from the tissues of the skin.

**Features of Dehydrated Skin:**

- ◇ Fine texture with no visible pores
- ◇ Thin and transparent in appearance
- ◇ Looks and feels tight with a smooth sheen not to be confused with oiliness
- ◇ Dull or pale due to poor circulation
- ◇ Fine orange peel appearance due to large pores
- ◇ Many lines and wrinkles around the eyes and mouth
- ◇ Often sensitive, and broken capillaries may be present
- ◇ Will react readily to internal and external influence.



## sensitive

If you have sensitive skin, your face reacts easily to regular skin products. This means that when you use regular skin products, your face will get red, itchy, or a rash could form.

### Features of Sensitive Skin

- ◇ Dry with fine pores
- ◇ Often fair but turning red when stimulated
- ◇ Broken capillaries over cheeks and nose
- ◇ May be irritated and flaky in areas
- ◇ Reacts to allergic stimulus
- ◇ Reacts to heat, cold, stress and nervous conditions

## acne/seborrheic

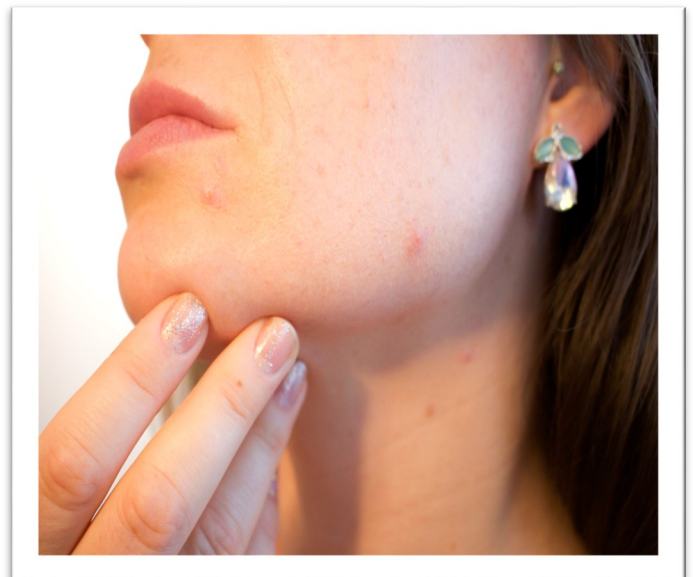
Even if you're not a teenager, you may still get pimples/acne, especially if you are an oily skin type.

## acne

Acne usually appears before seborrhoea and is a very common skin condition that may be chronic or acute. There is excessive secretion of sebum combined with bacterial infection. It is generally caused by hormonal imbalance and influenced by other factors such as stress, diet, hygiene and external irritation.

### Features of Acne Skin:

- ◇ Shiny and greasy in appearance
- ◇ Course, thick and uneven in texture
- ◇ Enlarged open pores, with an 'orange peel' look
- ◇ Blackheads, pustules and milia (whiteheads) often present
- ◇ Occasional dry, dehydrated patches present
- ◇ Poor circulation, often makes the skin appear sallow
- ◇ Due to severe bacterial infection, skin may appear red and inflamed
- ◇ Cysts may form leading to scars and 'pitting'
- ◇ Less prone to fine lines and wrinkles



## seborrhoea

Seborrhoea is a problem with the sebaceous glands - a small gland in the skin which secretes sebum (oil/wax) into the hair follicles to lubricate the skin and hair.

There is an excessive secretion of sebum, which collects upon the skin in the form of an oily coating or crusts or scales. This type of skin will have all the characteristics of an oily skin but will be more pronounced.

### Features of mild seborrheic skin:

- ◇ Severe irritation of skin, accompanied by redness
- ◇ Severe itching
- ◇ Burning and peeling
- ◇ Increased skin sensitivity
- ◇ Appearance of yellow and white scales on the damaged areas of the skin
- ◇ Small but numerous papules on the face, localized on cheeks, forehead, eyebrows and in the nasolabial area.

The previous list is for mild, patchy seborrhoea, if you experience these, or worse symptoms, it is recommended that you seek professional medical advice to have them treated, as further medical problems can develop.

## mature

Mature skin is usually dry due to hormonal imbalances (menopause) and the sebaceous glands producing less sebum.

The skin is also often dehydrated owing to excessive evaporation of tissue fluid. Mature skin will lose its muscle tone, developing a 'softer' outline. The skin will lose its elasticity and become loose and crêpey, especially on the neck. Superficial lines and dynamic wrinkles will be prominent. Pigmentary changes often occur and superficial hair may also be a problem.

The mature skin will always be the result of a persons life choices. A skin that has been neglected and exposed to external irritants will age rapidly. The sun poses the biggest threat to premature aging as it causes the degeneration of the collagen network beneath the skin.

An oily skin will age slower than a dry skin.

### Features of the Mature Skin:

- ◇ Dry and dehydrated
- ◇ Superficial lines and wrinkles around the eyes, mouth, forehead.
- ◇ Reduced elasticity producing a 'crêpey' look, especially on the neck
- ◇ Poor muscle tone producing a softer 'outline'
- ◇ Poor circulation, slower natural skin shedding with skin thickening around mouth and chin
- ◇ Skin cells becoming more compacted (keratinized) causing uneven skin colours, pigments
- ◇ Brown spots and or uneven tones present because of sun damage
- ◇ Superfluous hair present on top lip and chin area

The above lists are only some possible causes and there are more than likely many reasons for skin problems. Always check with a medical practitioner for any problems that you have to receive correct diagnosis and treatment.



In this picture of **Jennifer Lopez** you can see a shine on her face. This is most probably what the makeup artist wanted to achieve, a soft dewy look as dewy skin is considered youthful. It's flattering on mature women.

Too much 'deweyness' can end up looking like an oily sheen and will be too shiny, especially if you are already oily or will be having your photo taken (including selfies)

What do you think - Intentional deweyness or Jennifer has an oily t-zone? **Let me know on Facebook @annmarinamakeup**

## contact

If you have any queries, please get in touch, I'm happy to answer all and any questions.



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