



**WHAT  
IS YOUR  
SKIN TYPE?**

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# *WHAT IS YOUR SKIN TYPE?*

Let me ask you a question ,do you drive without directions? Of course not, you get the address ,find the route then proceed.

Likewise before you embark on any skincare journey your first step is to identify your skin type then choose skin care products targeted to your specific skin type. When you use products that are not formulated for your skin type they on't be effective and may worsen existing conditions.

## **So how is skin classified ?**

Skin is classified based on the balance between the amount of water and oil present. When water or oil is out of balance your skin will suffer. Too much oil makes you prone too breakouts and too little and your skin feels like it is about to crack.

Any skincare product you choose should get you closer to perfectly balanced skin.

# SKIN TYPES

There are 5 types of skin

- Normal skin
- Oily skin
- Dry skin
- Sensitive skin
- Combination skin

## SKIN TYPE QUIZ



# SKIN TYPES

## NORMAL SKIN

Normal skin is healthy, well hydrated skin. Normal skin makes just enough sebum to hydrate the skin and does not have any major issues .Normal skin in balanced.



- Skin is velvety and fresh
- Skin feels firm and comfortable
- Pores are normal-sized.

## Tips for Normal skin

- You have been blessed by god so just keep doing whatever you do

# SKIN TYPES

## OILY SKIN

Here the skin is in overdrive and produces much more oils than it needs. This in turn leads to large pores and breakouts and greasy looking skin.



- Has larger visible pores
- Oily skin tends to look greasy
- Regular breakouts

## Tips for oily skin

- Make sure that oils in the skin are balanced
- Do not over wash or use astringents which strip the skin or it will produce even more oils
- Exfoliate regularly with physical or chemical exfoliants
- Use oil free and water based products

# SKIN TYPES

## DRY SKIN

This skin type produces way less oils than its needs. It also tends to appear dull, flaky and lifeless.



- Skin is rough with flakes
- Skin feels tight
- Pores are very tight & nearly invisible

## Tips for dry skin

- Avoid hot showers or baths
- Moisturize! Using a heavy ointment or cream.
- Exfoliate regularly to remove dry skin flakes
- Use glycolic or lactic acid.

# SKIN TYPES

## SENSITIVE SKIN

Sensitive skin is reactive skin and almost everything you use can cause a bad reaction. Sensitive skin is either genetic or triggered from over exfoliation or using harsh products.



- Skin is dry and red
- Burning, itching or stinging
- Pores are enlarged

### Tips for sensitive skin

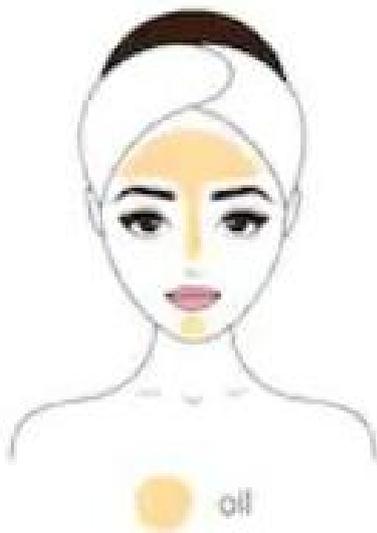
- Test First, apply Second, when starting new products
- Moisturize like your life depends on it .
- Keep your everyday skincare products simple
- Chose your SPF carefully, sensitive skin is extra-sensitive to the sun so wear sunscreen year-round with SPF 30 or higher.

# SKIN TYPES

## COMBINATION SKIN

This is the most common skin type and here you have oily and dry skin on different parts of your face.. Combination skin tends to be oilier on the forehead and nose and drier on the cheeks

*combination*



- Skin is somewhat red & shiny
- Skin on cheeks feels tight & T-zone feels oily
- Has enlarged pores with blackheads

## Tips for combination skin

- Use a gentle, oil-balancing cleanser
- Exfoliation can irritate dry patches of skin so use a gentle exfoliant .
- Mix and match your moisturizers or find a multi-tasking one
- Multi-Mask to target different facial areas

# GIVE ME FEEDBACK

I'd love to hear your thoughts about the book, any areas you loved, additional information you would have liked or even ideas for the next one.

Also, feel free to tag me on social media with pictures of products in your new skincare routine as well as your progress using #beautyharbour

Send any feedback, questions or concerns to [beautyharbourblog@gmail.com](mailto:beautyharbourblog@gmail.com).

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