

Know your skin type

There are five essential skin types: normal, dry, oily, combination and sensitive. Before buying your makeup, toiletries and other cosmetic products for [skin care](#), do make sure that it goes well with your skin type.

How to identify normal skin?

It is soft textured and evenly toned with minuscule pores.

This skin type has a reasonable oil and water content and gives you smooth and soft feeling. The color of the skin shines below the translucent face.

This skin type definitely needs care if it is to last.

All you need to do is regular toning, cleansing, and moisturizing to maintain its texture and feel for long.

How to identify dry skin?

This skin type requires both sebum and moisture. It looks fine textured, patchy, transparent and weak. This type of skin flakes and chaps simply compared to other skin types. Minuscule expression lines may be obvious.

Signs of a dry skin are:

- a) Blistering patches that vanish with regular moisturizing.
- b) Finely textured with the minute openings not being observable.
- c) Small expression lines that do not disappear.
- d) The skin of neck and cheeks seems sinister.

Keep away from harsh soaps to stop loss of natural oils and exposure to sun and air-conditioners which rob the water part of the skin.

How to identify oily skin?

This type of skin has over hasty sebaceous (oil-producing) glands, which formulates the face glossy particularly down the central panel-of your nose, forehead and chin. The pores of this skin type are puffy making it prone to black-head, spot and acne. Oily skin needs special cleansing to stay the pores unclogged. Women with oily skin require adopting a daily proper process of cleansing to stop accumulation of dirt on the skin surface.

How to identify combination skin?

This skin type is generally very general and necessitates separate cure for each area. It is oily down the central panel and parched on the cheeks. The forehead, nose and chin require additional attention as they may be prone to clusters of blackheads and enlarged pores. Keep in mind that oil is not moisture, and normal cleansing, toning and moisturizing has to be done with the area being dealt in mind. Hygiene and tone up the oily scrap and moisturize the dry patch with added care.

How to identify sensitive skin?

This skin type reacts externally and internally to changes in life. It can be both dry and oil. It tends to go blemished and have broken veins at the same time; it might show a blushing or reddened look or might even scratch. You might require checkup with a Dermatologist in critical cases, in other cases proper care and awareness can help you to endure with this kind of skin type.

About the Author

Myself webmaster of health-medical-portal.info, a free health medical guide offers listing of health service providers, [health medical encyclopedia](#), health online pharmacy and resources on [health related issues](#) etc.