

# skincare recommendations

Cleanser

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Toner

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Day Moisturiser

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Night Moisturiser

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Other

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**Oily or  
combination  
skincare**

# Why use moisturisers?

- > Skin is under constant attack from the sun, wind, free radicals (harmful particles in the air), pollution and air-conditioning. Moisturisers help prevent moisture loss from the skin by creating a barrier that seals the moisture in and by delivering additional nutrients to the skin.
- > • **The two most common moisturisers are:**
  - Humectants that draw or attract water to the skin either from the atmosphere or up from the dermis, plumping out the skin with retained moisture, and
  - Occlusives that create an oily film over the skin sealing water into the skin by stopping evaporation.
- > There are moisturisers suitable for every skin type and every skin type needs one. Daytime protection calls for quite different ingredients to those used in a night-time moisturiser when the skin needs to be repaired, nourished and enriched while at rest.
- > The new generation moisturisers contain active ingredients that encourage the skin to produce more of its own moisture barrier from within, actively promoting production of the skin's own natural moisturisers.
- > In addition, there are products that fall into the treatment category. These offer additional repair and maintenance steps for the skin and are usually used as a supplement to moisturisers.

## **basic rule** : your skin still needs moisturising to seal in water in the upper layers.

It will require lighter, oil-free liquids or gels that are non-acne-genic (or non-comedeogenic), and mattifying (absorb oil).

The T-zone twin approach should be followed for combination skin.

Recommend an oil controlling moisturiser for the oil prone area and a normal moisturiser for the remainder of the face.

**oily**  
**or combination** skin