

Full Mellow

handmade cosmetics



Find Your Glow

The Ultimate Guide to Skin Care Routine Based on Your Skin Type

Do you know what your skin type is? Do you know how to take care of your skin?
Do you know what active substances you should look for in cosmetics?

If you answered “no” to even one of these questions, this guide is just for you!

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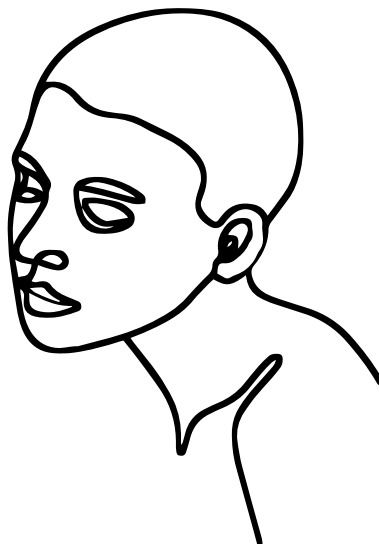
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A Brief Foreword

Skin care varies depending on the needs of the skin, so that it should match a particular skin type and subtype. There are four skin types (normal, dry, oily and combination) and several subtypes. Don't forget that one person can only have one type! You can have several subtypes, though. Skin type can change with age, it can also be affected by skin care administered, and even medication taken.

We don't inherit our skin type. Just because a mother has dry skin doesn't necessarily mean that the child will also have dry skin, so we should choose skin care individually according to specific needs. Even if we have the same type of skin within the family, we should remember that we may well need different skin care products.

Determining the skin type and subtype is the first step in choosing the right skin care. We know it's not that easy and many people may find it a challenge, so we've designed a guide to help you easily identify your skin type and subtype. Moreover, we will give you tips on how to care for a given type and what active substances to look for in cosmetics.



Essential Care Steps

Regardless of the type, each and every skin requires several basic care steps. In this chapter, we will discuss them in general, what they are and what they involve. In the following chapters, you will learn when and how to use them.

Make-up removal – the crucial care step for those who wear make-up. Make-up removal should be gentle, and yet effective. In this step, we remove not only make-up, but also superficial impurities of the skin.

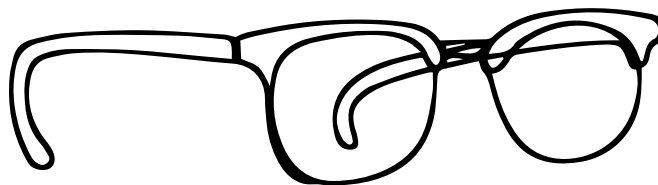
Cleansing – this step consists in removing any remaining make-up and any impurities that accumulate on the skin. Make sure you do it very carefully. Insufficient cleansing can cause a variety of skin problems. You should wash your skin for at least two minutes.

Peeling – Use it once a week. That's really enough. If you use it too often, it can irritate your skin, and if you use it too rarely, it won't look as good as it could. Peeling should also not be too aggressive; its task is to help exfoliate dead epidermis without damaging the skin.

Toning – this step, recommended by most people, should be performed after each skin contact with water, in order to restore the right pH. However, if we use appropriate washing products, i.e. products dedicated for face washing rather than, say, soap, we can skip this step. Why? Appropriate selection of detergents does not disrupt the acidity of our skin, which will return to its normal pH after a few minutes. The right tonic/hydrolate can improve the condition of our skin and further enhance the effect of care products applied onto damp skin.

Moisturising – this is a must for every skin type. Properly moisturised skin looks better and is healthier – it's as simple as that.

Sun protection – remember to use a sunscreen (preferably 50) all year round! UVA radiation, which is responsible for skin ageing and cancer, is a permanent risk, not a seasonal one.



Additional steps:

Face masks – apply them 1-2 times a week and make sure they match the needs of your skin. Cleansing, moisturising, illuminating, anti-wrinkle and many, many more masks are available on the market.

Serum – a product best used approx. three times a week. Its ingredients should be targeted against current problems of our skin. It is not recommended to use it more often, as high concentrations of active substances may irritate our skin.

Eye cream – some consider it a must, while others see no need to use this type of product. If the face cream you use is enough for you, you don't have to use an eye cream. It is important to know that the skin under the eyes is much thinner, more tender and it requires appropriate, gentle care.

Normal Skin

The “perfect” type that everyone would love to have. Normal skin has a uniform colour, is properly moisturised, smooth, and usually naturally matte, i.e. it produces sebum at an appropriate level. This skin type is characteristic of children and it changes with age. Few adults can enjoy this type of skin. Pimples appear on it only rarely or not at all.

With normal skin, be careful not to “spoil” what you already have. Normal skin is rather problem-free and looks good just as it is. Here, the key care goal is to ensure proper hydration.

Morning care

Morning care doesn't have to be extensive. Remember to wash your face in the morning with a mild gel or foam to remove any traces of cosmetics you applied in the evening and various impurities. Next, use your favourite tonic/hydrolate and – always! – a sun protection cream. If your skin needs it, apply a regular moisturiser underneath.

Evening care

Evening care will be more extensive:

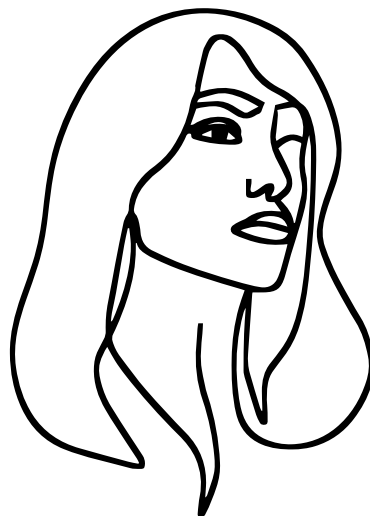
- Remove make-up using with your favourite product, e.g. micellar or milk removers.
- Remember to use gentle detergents that will not damage the protective barrier.
- After each skin contact with water, apply tonic/hydrolate. This step, of course, can be skipped as noted above.
- Night cream can be more nutritious than the day cream – simple choose the one you like.
- Use peeling once a week, either enzymatic or fine-grained.

- You can also use face masks once a week. Choose those that will match your current needs.
- When the time comes, it might be a good idea to start using anti-wrinkle products.

Remember that inadequate care of normal skin may throw the functioning of sebaceous glands off balance and transform normal skin into a dry or oily one. Therefore, don't overuse cosmetics; focus on the bare essentials, and choose supplementary cosmetics with care.

Active substances

With normal skin, you don't have to limit yourself, but you can't exaggerate either. Look for moisturising substances such as hyaluronic acid or aloe vera, brightening vitamin C and universal niacinamide, i.e. vitamin B3. Avoid products with a large proportion of dehydrating substances such as denatured alcohol or tea tree oil (the more of a given substance, the higher it appears in the ingredients list). They're not bad substances, but you won't need them. Also, look for ceramides and peptides.



Dry Skin

Dry skin is characterised by a faulty hydrolipidic barrier. It is sensitive to atmospheric factors, it is thin, often irritated, it feels tight and it peels off. It never or almost never produces pimples, and the sebaceous gland outlets (pores) are hardly visible. Unfortunately, it starts showing the first wrinkles relatively early.

You need to be very, very gentle with dry skin. Any stronger rubbing of the skin can worsen its condition.

Morning care

Start your day by washing your face, choose a foam or emulsion based on mild detergents. Avoid rubbing your skin too hard (some say that if you have dry skin, you can replace the morning washing by applying tonic onto your skin – choose the way that suits you best). Use your favourite tonic/hydrolate – do not let them dry on your face! Apply a moisturiser and a sun protection cream. You can skip the moisturiser if the sun protection cream is rich enough.

Evening care

- Remove make-up without rubbing the skin too much. Go for make-up removers in the form of lotion or oil. This will reduce the use of cotton pads that may irritate the skin.
- Washing your skin should also be gentle, opt for a gentle gel, foam or mousse and remember not to rub your skin too hard.
- Choose nutritious creams with a rich texture.
- You can apply a moisturising and soothing serum underneath.
- Use peeling once a week. Go for enzymatic peelings which are gentle but effective.

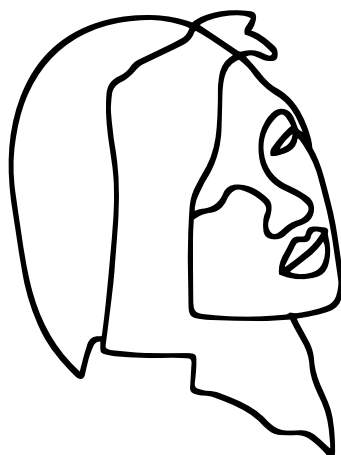
- Moisturising masks are welcome! The ones with an underneath made of fabric will be a good option, as they will let you avoid contact with water and rubbing your skin.

Focus on moisturising and nourishing your skin and rebuilding the hydrolipidic film. Light water-based creams may not be the best choice.

Active substances

In cosmetics, look for moisturising and lubricating substances such as hyaluronic acid, aloe vera, urea, glycerine, shea butter, cocoa butter, and oils. D-panthenol and allantoin can soothe dry skin. In creams, look for ceramides, a natural ingredient of skin lipids which will help rebuild the hydrolipidic film. Also, look for cosmetics containing vegetable proteins, sugar compounds, niacinamide and collagen. Other valuable substances include squalane, cholesterol, and phospholipids.

Avoid alcohol and strong detergents in cosmetics. In winter, on frosty and windy days, try becoming friends with paraffin-based products, which will protect your skin against the harmful effects of weather conditions.



Oily Skin

Oily skin is characterised by excessive secretion of sebaceous glands and over-production of sebum. If the skin on your face is shiny all over and tacky to the touch, and you can see dilated pores on its surface, you are likely to have oily skin. Oily skin is usually thick and resistant to mechanical factors, but it tends to be affected by clogged pores and acne. It doesn't mean that everyone with oily skin is doomed to have acne.

Proper care helps regulate secretion of sebaceous glands. If you have this type, stay away from any strong cleansing or mattifying products.

Morning care

Make sure to wash your face in the morning: this will remove excess sebum and any care products applied. Avoid strong detergents which may make your skin fry, thus resulting in an even more oily skin. Apply a tonic/hydrolate. Apply a light sun protection cream. If it's not enough for you, add a light gel face cream.

Evening care

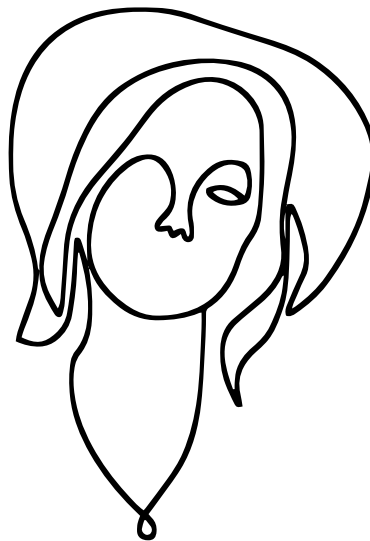
- Remove make-up using with your favourite product, and remember to be gentle.
- Oily skin, just like any other type, needs to be thoroughly cleansed. Use gentle products that will not damage the protective film, as this will only make things worse. Choose a gel or foam.
- A night cream can be more moisturising, as, surprisingly, this is what oily skin needs.
- When it comes to peeling, you can choose a fine-grained one, as oily skin is usually thick, and it shouldn't damage it. Of course, you can choose enzymatic peeling as well.

- Use masks to help shrink skin pores and regulate the secretion of sebaceous glands. Clay masks are a great choice, and moisturising masks are also to consider.
- Avoid heavy textures that could overload oily skin.

Active substances

If you have oily skin, opt for products that regulate the secretion of sebaceous glands. In care products, look for the following: niacinamide (vitamin B3), sulphur, CBD, hemp oil, green tea, tea tree oil, as well as rosemary, witch hazel and rock rose plant extracts. Clay masks will do great too.

Some oily skins do not like paraffin, silicones, and oils. These are not bad substances as such, they are just not what this skin type needs.



Combination Skin

Combination skin is just what its name suggests: a hybrid between oily and normal or combination skin. It is characterised by oily zones – usually forehead, nose, and chin (the so-called T-Zone). Cheeks, in turn, are normal or dry. Sometimes, the layout is inverted, i.e. cheeks are oily, and the rest of the face is normal/dry. This is by far the most popular skin type. The oily areas are prone to imperfections.

Take care of both zones. Unfortunately, we often focus only on the problematic ones and forget about those that cause no trouble.

Morning care

As with the other types, start the day with a gentle cleansing of the skin, followed by tonification and a sun protection cream. The application of another cream under the latter is up to personal preferences.

Evening care

- Remove make-up using with your favourite micellar or milk remover, or oils. Choose the method that suits you best.
- Cleaning should be gentle, but effective. Remember that this is the key care step.
- When it comes to cream, choose one that is suitable for most of your face, without having an adverse effect on the remaining areas. You can use two creams, one for the oily zone and the other for the normal one. This, however, may be burdensome, so consider the alternative of introducing a serum. If the cream you have is intended for oily skin, the serum should be intended for normal skin. You can only use the serum on selected parts of your face. Remember that less is more – not every skin likes too many cosmetics.

- In term of peeling, choose an enzymatic or a fine-grained one.
- Use masks suitable for both zones. Alternate: use a cleansing and normalizing mask, and a moisturising or nourishing one next time.

Active substances

Look for moisturising substances such as hyaluronic acid, aloe and squalane. It's worth checking out cosmetics containing green tea, niacinamide, witch hazel, rock rose, lavender, sulphur, and CBD. Other valuable substances include ceramides, peptides, and vitamin C.

Not every combination skin will take to heavy oily formulas, paraffin, and silicones.



Skin Subtypes

You already know your skin type. Remember, you can only have one. Now it's time to determine your skin subtype. It can change quite often, and you can have more than one.

ACNE-PRONE SKIN

Acne is the nightmare of many. First of all, you must bear in mind that it is a disease and you should consult a dermatologist, find the cause, and start treatment. Causes of acne include poor hygiene, unhealthy diet, hormonal problems or other diseases and medications taken.

Acne-prone skin is characterized by numerous eczemas, blackheads, and unbalanced secretion of sebaceous glands. Pimples appear not only on the face, but also on the upper chest, back, and shoulders.

- This skin subtype requires thorough cleansing of the face. Remember not to rub your skin to prevent spreading the sores.
- Do not use fine-grained or coarse-grained peeling, which will only aggravate the latter, and go for an enzymatic one instead.
- Don't cover up the problem – a thick layer of make-up won't make things better.
- Get to the heart of the problem!
- I know how it sounds, but you should become friends with your skin and your acne, don't treat them like an enemy, and make no aggressive attacks towards them. You must embrace acne-prone skin and learn to live with it. This doesn't mean you shouldn't do anything about it. You should – but take baby steps and be prepared for a long way until you reach your goal. Don't squeeze boils, don't touch your face, disinfect your phone and anything that touches your face. Don't rub your face and stop staring in the mirror!

Active substances

Choose cosmetics containing zinc, niacinamide, witch hazel, vitamin A and its derivatives (only as approved by your dermatologist), as well as salicylic, glycolic, and lactobionic acids, betaglucon and green tea.

SENSITIVE SKIN

This is yet another common skin subtype; even people with oily skin can have it. It is characterised by irritability, redness, it is easily affected by temperature changes and mechanical factors. This type of skin can be tense, itchy, and uncomfortable.

Sensitive skin needs ultra-delicate cosmetics, so avoid strong detergents and heavily scented cosmetics as well as excessively hot water.

- Also, stay away from mechanical peelings, acids, alcohol, and other irritating substances.
- Don't use too many cosmetics either; rather, choose those with simple, non-scented composition.

Active substances

In cosmetics, look for panthenol, allantoin, niacinamide, as well as lime tree, marigold, chamomile, and rose extracts.

COUPEROSE-PRONE SKIN (Couperosa)

A subtype that is relatively easy to recognize. It is characterised by chronic redness, apparent dilated blood vessels, which are usually located on the cheeks and around the nose. The face turns red after eating hot/spicy food or following abrupt

temperature changes.

This type of skin is delicate, sensitive, and thin, although it is only a general pattern. The subtype reacts with redness to temperature changes (especially high temperatures), wind, frost, and some cosmetics. If untreated, this condition can develop into rosacea.

Active substances

In cosmetics, look for vitamins C and K, wolf's bane, chestnut, ginkgo biloba, witch hazel, and rutin.

ALLERGIC SKIN

It reacts to various substances with itching, rash and swelling as well as redness. With this type of skin, cosmetics should be reduced to the necessary minimum, unless we know exactly what causes the allergy, but this is a very complex subject.

DEHYDRATED SKIN

It is often mistaken for dry skin. The difference is that dry skin produces too little sebum, whereas dehydrated skin means that there is not enough water bound in the epidermis.

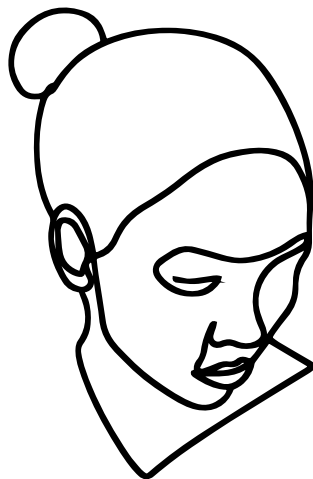
Dehydrated skin shows poor elasticity with quickly appearing wrinkles and peeling off. If you have dehydrated skin, occlusion is what you need. This term denotes the formation on the surface of an object, here – our body, of a cover of sorts that will facilitate efficient penetration of active ingredients into our skin. Also, the layer formed in the process of occlusion prevents the loss of water from the epidermis.

MATURE SKIN

It is characterized by visible wrinkles, discolouration, loss of skin firmness and elasticity. It is related to age and genetics. If you have this skin type, don't spare on antioxidants. Remember that no cosmetics will undo wrinkles that have already appeared.

Active substances

In cosmetics, look for antioxidants, such as vitamins C and E, coenzyme Q10, ferulic acid, green tea.



Year-Round Care

In spring, when everything is reborn, time comes to lighten your skin and fight discolouration. After winter, the skin is often ashen and looks tired. This can be remedied with cosmetics containing vitamin C combined with acid treatment. The proper acid should be selected by a cosmetologist/dermatologist. When warmer days come, it's also time to give up heavy creams for the lighter ones.

The cosmetics used in summer must be light and easily absorbed. When it's hot, good skin hydration is key. High temperatures and air conditioning can make your skin dried dehydrated. If you're using a gel-like night cream, it's worth supplementing it with a serum or essence to help moisturise your skin. Also, keep an aloe vera gel ready to soothe any skin irritation after excessive exposure to the sun.

Autumn, in turn, is when we abandon the gel-like creams for richer formulas. Again, this is the season to fight discolouration and to pamper yourself with peeling treatments at a specialised parlour. Days are getting colder and colder, so facial products should be more like a cocoon.

Winter is a difficult time for our skin. Low temperature combined with wind and frost outside and high temperatures inside do not help, not to mention the scarves and hats that are in contact with the skin. During this season, opt for richer cosmetic formulas, especially if you have dry, sensitive, or couperose-prone skin. If you're planning to enjoy winter to the fullest, don't hesitate to use paraffin and silicones, even if you have oily skin; just make sure you wash your face very thoroughly.

Whatever the season, make sure you use a sun protection cream! Remember that sunlight contributes to the formation of discolouration and accelerates skin ageing. A plethora of sun protection products is available on the market, so you will surely find something that suits you best. If you don't want to use

sun protection creams, forget about acid treatments!

Age-Oriented Care

Many people, when buying a care product, are guided by the labels such as “40+, 50+, or 60+”. Well, this is sheer marketing. Should you get rid of all your 30+ creams the day you turn 40th? Of course not. Care products should match only the needs of your skin, not your age!

Importantly, “anti-wrinkle” creams prevent the formation of wrinkles, rather than eliminating those that have already appeared. The best way to delay the ageing process is to moisturise your skin, protect it against the sun and use antioxidants. Ageing shows first in the condition of your neck and hands, so don’t forget about them.

Genes are largely responsible for skin ageing. The onset of ageing process varies between people, so that everyone should have customised care.



Useful Tips

- Make friends with your skin, don't treat it as if it was an enemy.
- Make-up removal and cleansing are the essential care component.
- Keep make-up accessories, your phone and everything that gets in contact with your face clean.
- Don't touch your face and don't stare in the mirror – really, no one looks at you from that close and sees the imperfections you see.
- Have a separate towel to dry your face, and wash it very often.
 - Often change pillowcases.
- Use sun protection creams every day all year round.
 - Eat healthy and drink plenty of water.
- Cosmetics that work for your mother, sister or friend aren't necessarily good for you.
 - There is not one universal proper care regimen.
- Introduce new cosmetics at intervals of approximately two weeks.
- Don't go to bed with your make-up on, even after an all-night party.
 - Remember: very often, less is better.
- Choose cosmetics that match the needs of your skin.



