



THE SKINCARE

# *Glow Guide*

FOR COMBINATION SKIN TYPES

@theglowknow

# SKIN TYPE CHARACTERISTICS FOR

## Combination Skins

### Is My Skin Type Combination?

Little bit oily, little bit dry? Combination Skins generally have bigger pores across the t-zone and then smaller, tighter pores across the cheeks. This means that excess sebum can often build up across the forehead, down the nose and across the chin but the cheeks can feel very dry even flaky. Combo skins are everywhere and most common. Sometimes combination skins can become very confused as to what they need because they suffer from both sides of the acid mantle!

Your Skin Type is Combination if;

- Skin feels oily across the t-zone but dry across the cheeks
- Skin can often breakout across t-zone but nowhere else
- Foaming cleansers feel great but really dry out the cheeks
- Pores are of different sizes. Some bigger and some smaller

# WHAT DOES MY SKIN NEED?

## *Products for Combination Skins*

### Cleanser

Most often I recommend gel-based cleansers for combo skins. Gel isn't as harsh as foam and won't leave the cheeks feeling too dry. Some combo skins will find that lighter creme cleansers are ok too. Double-cleansing everyday twice a day to avoid skin congestion and breakouts.

### Toner

All skin types need their pH balance restored. Combo skins have a little bit of everything going on so it's important to be toning after cleansing every single time. Back in the 80's most toners were filled with alcohol and were heavily focused on 'unbalanced skins' that were breaking out. Find a toner that is recommended for combination skin types.

### Moisturiser

Day & night creme are essential for all skin types. Mostly because during the day we want to be using something with a good quality SPF and of a night time we may want to be using a more intense moisturiser. If the skin is feeling most oily across the t-zone just don't apply much moisturiser here. If this still feels too much opt for a lighter night creme and even something that's more gel-based.

*Glowing Skin Is Always In...*

# WHAT DOES MY SKIN NEED?

## *Products for Combination Skins*

### Serum/s

Hyaluronic Acid paired with your day/night creme is going to be your skins best friend. Our skin naturally produces Hyaluronic Acid and it's job is to keep our skin hydrated by binding moisture to the skin. All skin types can become dehydrated. Combination skins will also love serums made with Vitamin C and Retinol. Using a facial roller to massage serums into the skin can help to penetrate the product deeper into the skin (where all the magic happens).

### Exfoliants

It's important to keep the skin clear from dead skin cell build-up. When we have a build-up of dead skin cells on the surface of our skin it becomes dull and tired looking. Dead skin cells left on the skin also contribute to skin congestion. Combination skins can exfoliate at least twice per week - maybe even 3 times just across the t-zone, it depends how much excess oil the skin is producing.

### Masques

Combination Skins can use most masques they will just find it better to multi-masque to the skins needs. This means using two masques at once according to the skins condition, for example applying a kaolin clay masque across the t-zone but also applying a skin-nourishing or hydrating masque across the cheeks - all at the same time. This way you're not stripping the skin of it's natural oils where it's not needed.

*When in doubt...Masque it out...*

# WHAT DOES MY SKIN NEED?

## Lifestyle Tips

- ◆◆ Increase water intake to 2-3L per day - add fresh lemon or lime
- ◆◆ Maintain a healthy balanced diet
- ◆◆ Avoid foods high in trans-fats (you know all the good stuff)
- ◆◆ Exfoliate twice per week and introduce a weekly clay face masque
- ◆◆ Get yourself a facial roller and start using it of a night time with your serum/s
- ◆◆ Pick at least 3 alcohol-free nights per week - and enjoy them
- ◆◆ Multi-Masque to your combination skins needs
- ◆◆ Sweat it out 2-3 times per week, get rid of those toxins
- ◆◆ Commit to your skincare regime - day and night
- ◆◆ Remove your make-up every single night

# SKINCARE REGIME

Combination Skin Type

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AM



♥ CLEANSER

♥ TONER

♥ SERUM

♥ DAY CREME

♥ EYE CREME

PM



♥ CLEANSER

♥ TONER

♥ SERUM

♥ FACE OIL - ONLY ON CHEEKS

♥ NIGHT CREME

♥ EYE CREME

V/S