



THE SKINCARE

Glow Guide

FOR DRY SKIN TYPES

@theglowknow

SKIN TYPE CHARACTERISTICS FOR

Dry Skins

Is My Skin Type Dry?

Dry Skins lack sebum (oil) and will feel dry to touch. The lack of sebum production can be quickly diagnosed by looking at the size of the pores. Dry Skins will have minimum pore visibility even on the t-zone. Dry Skins can often feel rough and are usually thin. It's also common for Dry Skins to suffer from sensitivity. The skin can often appear reddish due to its thinness and may also have some capillary damage. Dry Skins are most at risk of pre-mature ageing because of the lack of oil being produced.

Your Skin Type is Dry if;

- Skin often feels tight like it's lacking moisture
- Skin can feel course and even flaky/itchy
- Redness & sensitivity are often a problem
- Can become easily irritated by product

WHAT DOES MY SKIN NEED?

Products for Dry Skins

Cleanser

Creme-based cleansers are a must for dry skin types. Stay away from foam & gel-based cleansers because we want to put as much moisture back into the skin as possible. Cleansing everyday twice a day is also a must, you can also use your creme cleanser to remove your make-up just make sure you cleanse the skin again after removing.

Toner

All skin types need their pH balance restored even dry skins. Back in the 80's most toners were filled with alcohol and were heavily focused on 'unbalanced skins' that were breaking out. A dry skin lacking moisture is also unbalanced and needs restoring. Calming toners free from alcohol are what dry skins need.

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 mosituriser - especially dry skins. Steer clear of gel-based cremes and opt for something more nourishing day and night.

Glowing Skin Is Always In...

WHAT DOES MY SKIN NEED?

Products for Dry 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. Using a serum made with Hyaluronic Acid is also going to help prevent dry skins from pre-mature ageing. Dry Skin Types will also love serums made with Peptides, Antioxidants and Vitamin C.

Exfoliants

It is important to exfoliate a dry skin but probably best to avoid anything abrasive (an exfoliant with granules in it) especially if the skin is suffering from redness and can become easily irritated. Instead look for a chemical exfoliant with AHA/BHA that you can use to gently remove the layers of dead skin cell build up. It is essential to keep the skin as free as possible from dead skin cell build-up, even for dry skin types.

Masques

A dry skin is probably not going to love the instant satisfaction from a clay masque as an oily skin type would. Most clay masques are designed to draw out excess oil from the pores and a dry skin has no excess oil! Sheet Masques are excellent for dry skins as will any kind of creme nourishing/calming or hydrating masque. Some clay masques are okay as well it will depend on the type of clay - avoid kaolin clay.

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

WHAT DOES MY SKIN NEED?

Lifestyle Tips

- ◆◆ Increase water intake to 2-3L per day
- ◆◆ Introduce an Omega-3 Supplement or add more fatty-fish to your diet
- ◆◆ Introduce more avocado, walnuts, almonds and good fats to your diet
- ◆◆ Add a face-oil to your nighttime skincare regime
- ◆◆ 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
- ◆◆ Add fresh lemon or lime to your water
- ◆◆ Sweat it out 2-3 times per week, get rid of those toxins
- ◆◆ Commit to your skincare regime - every day & every night
- ◆◆ Dry skins will also prefer an oil-based foundation rather than an oil-free/matte foundation

SKINCARE REGIME

Very Skin Type

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AM



♥ CLEANSER

♥ TONER

♥ SERUM

♥ DAY CREME

♥ EYE CREME

PM



♥ CLEANSER

♥ TONER

♥ SERUM

♥ FACE OIL

♥ NIGHT CREME

♥ EYE CREME

VS