

USAGE OF ACTIVE INGREDIENTS AND COMPONENTS IN PERSONAL CARE AND BEAUTY PRODUCTS

Target: help people to be able to determine what type of skin they have

Problematic: There are so many cosmetic products in our world that many cannot choose something for their skin type.

Most people are wrong when they guess their skin type. They are wrong about whether they are oily or dry, and whether they have sensitive skin. "

It is especially difficult to determine your true skin type because it can change over time and depend on climate, hormones and diet. (There is also debate over whether "normal" and "sensitive" skin is generally a true skin type.)

Here are some tips from dermatologists on how to determine your skin type, as well as tips for skin care, as well as recommendations for cleansers and moisturizers for each.



1. Oily skin

The skin secretes natural oils to keep itself moisturized, but for people with oily skin, this process can go into overdrive, especially if they have larger pores.

The bigger the pore, the more active the oil glands, and the more active the oil glands, the more they'll secrete

This can translate to an oily film on your face throughout the day, as well as frequent breakouts.

If you have oily skin, you should avoid using thick creams and moisturizers. However, that doesn't mean you should skip hydration altogether.

2. Dry skin

'Dry' is used to describe a skin type that produces less sebum than normal skin. As a result of the lack of sebum, dry skin lacks the lipids that it needs to retain moisture and build a protective shield against external influences. This leads to an impaired barrier function. Dry skin (Xerosis) exists in varying degrees of severity and in different forms that are not always clearly distinguishable.

Recommends avoiding very hot showers and steering clear of products containing detergents or sulfates, which can irritate the skin.

When it comes to moisturizing, dry skin can handle a creamier product, rather than a lotion or a gel. Use a cream moisturizer morning and night in addition to sunscreen.

3. *Normal skin*

As with combination skin, it's tricky to define normal skin. There is no medical definition of normal skin, but broadly speaking, it could mean that the skin is healthy and well hydrated.

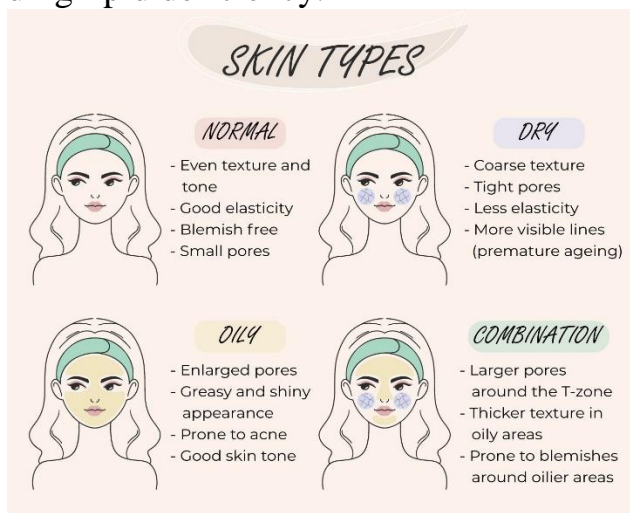
“Normal skin makes enough sebum to hydrate the skin, so, in reality, normal skin is oily skin with just enough sebum production to keep skin healthy,” she said. “‘Healthy skin’ would be a better word, but that is not a true skin type either.”

Combination skin

In combination skin the skin types vary in the T-zone and the cheeks. The so-called T-zone can differ substantially – from a very slim zone to an extended area.

Combination skin is characterised by: an oily T-zone (forehead, chin and nose), enlarged pores in this area perhaps with some impurities, normal to dry cheeks

The causes of combination skin: The oilier parts of combination skin are caused by an over production of sebum. The drier parts of combination skin are caused by a lack of sebum and a corresponding lipid deficiency.



Conclusion: I can say that the skin can be of 4 types and each type needs special care. I hope this article helped you understand and understand what type of skin you have.

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