

Jeanette Cronin

Makeup Artist • Educator • Motivator

Skin Types

The five main skin types are:

- Normal
- Dry
- Oily
- Combination
- Mature

Normal Skin:

If you are blessed with normal skin then you don't have any issues really. This is common on younger skin. You have a clear complexion with fine pores, no excess oil or dry patches. Your skin feels well balanced with the right mix of oil and moisture and you have a natural glow.

Texture wise – it feels firm and smooth.

Dry Skin

How can you tell if you have dry skin? Think about it. Does your skin feel tight? Usually dry skin can leave your complexion dull. Less sebum is produced on dry skin so your pores might be barely visible as a result. You may have texture in the form of dry patches or flakiness. Dry skin is also more prone to fine lines and wrinkles unfortunately. You might also be prone to redness on your cheeks.

Texture wise – it feels dry, tight or coarse to touch.

Oily Skin:

Oily skin does exactly what it says on the tin. It's oily. Can you see or feel oiliness on your skin? If so where? Is it all over or just in parts? What are the characteristics of Oily skin? As there is excess sebum secreted then this means not only the skin has a shiny appearance but also the pores are enlarged due to this excess production of oil. Blemishes, breakouts, blackheads and pimples can be common too.

Texture wise – greasy to the touch with enlarged pores.

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Combination Skin:

This is self-explanatory. Combination skin is a combination of different skin types together on one face. For example - you could have normal skin with perfect texture except for some oiliness and enlarged pores down the centre of your face. This is very common. This area is known as the t-zone – your forehead, nose and chin. You could also be a combination of dry and oily.

Texture Wise – differs on each area of the face but commonly has enlarged pores around the nose or T-Zone.

Mature Skin:

As we age our skin gets drier as sebum production is decreased. This is why I sometimes refer to dry and mature in the same category when recommending products as both skin types have similar needs. Like dry skin mature skin can be dull. Mature skin can also have visible fine lines and wrinkles. We also lose elasticity as we age and as a result mature skin can also have enlarged pores as the skin is not as tight. Pigmentation can also be common.

Texture wise – less firm, lines or wrinkles sometimes with enlarged pores.