

Best Anti-Aging & Skincare Products For Your Skin Type

Do you know your skin type? Do you realize that knowing your skin type can be one of the most important factors in looking young for decades? It's true...Knowing your skin type is half the battle, and knowing what treatments, creams, cleansers, etc. are best for your skin type is the other half.

This report outlines all skin types to make sure you know what type your skin is, then helps you filter down to the best anti-aging & beauty products for your skin type to save you time & money when searching for products...and keep you looking young for years to come!

What do you mean "skin type"?

Let me start by saying that "skin type" is similar to labeling someone's "build": some people are tall, others are short; some people are skinny, others are muscular, and so on. Your skin is no different. Everyone has a certain general category that their skin falls into: *Normal*, *Oily*, *Dry* or *Combination*. There are other less-common types such as sun-damaged or sensitive as well, but the four main types encompass the vast majority of people, so we will stick with those for the purposes of this report.

What is my skin type?

Normal - This is somewhat rare nowadays due to the high amount of exposure to toxins most of us experience in our diets, but it's out there nonetheless. If you have the "Normal" skin type, you rarely break out, your skin is smooth and has small or invisible pores. Typically, adults with the

“Normal” skin type develop wrinkles much later in life as well, so consider yourself lucky if you fall into this category!

Oily - Oily skin is common, and is more shiny & greasy to the touch. If you have oily skin, your are more prone to breakouts and blemishes due to excess oil clogging your pores.

Dry - If you have dry skin, it is dull in color, and feels stretched out and tight. While your pores are smaller than they would be if you had oily skin, your skin has very little shine. Wrinkles are very defined and more obvious, too.

Combination - If parts of your face tend to be oily, and other parts are usually dry, you probably have combination skin. While this can be more difficult to take care of, this skin type typically doesn't show wrinkles as bad as other skin types.

Now that you're sure what skin type you have, it's time to find the best skincare & anti-aging products for you!

“Normal” Skin Care:

- 1) Always cleanse your face twice daily, unless your skin happens to dry out more in the Winter.
- 2) Never sleep with makeup on (this will clog your pores)
- 3) Use a moisturizer cream with SPF 15 or above once per day on your face
- 4) Use a refining mask once per week if needed for blemishes

5) [Exfoliate](#) your skin once per week as needed

That's it! You're lucky if you're in this category, because there isn't much maintenance work to keep your skin looking great...

“Oily” Skin Care:

The key to taking care of oily skin is reducing the shine! If your skin is shiny, it's greasy, so do everything you can to keep from touching your face, avoid eating greasy foods, and keep your skin as clean as possible at all times.

- 1) Cleanse your face twice daily, but be sure to use an oil-free face wash
- 2) Never use soap-based cleansers!
- 3) Moisturize only if needed, and only with oil-free moisturizers.
- 4) [Exfoliate](#) 1-2 times per week
- 5) Use a natural mask after exfoliating
- 6) Use sunscreen sparingly, and be careful not to be exposed to the Sun for too long

“Dry” Skin Care:

Dry skin can be difficult to deal with as you age, because it will be naturally tighter and the sagging will be exaggerated. That said, the following tips can greatly reduce these problems:

- 1) Use a “creamy”, possibly even alcohol-based face wash (your skin needs the extra oils)

- 2) Use a moisturizer at least once per day as needed (Be sure to use one that's especially made for dry skin!)
- 3) Don't rub too hard while cleansing or applying anything to your face
- 4) [Exfoliate](#) 1-2 times per week
- 5) Stay hydrated! Drink the recommended 8-8oz glasses of water daily to hydrate your skin
- 6) Use SPF15-20 sunscreen daily or as needed

“Combination” Skin Care:

The tricky part about Combination skin is that it requires multiple strategies for keeping the whole face even and uniformly-toned. Typically, Combination skin consists of dry to normal zone all over the face, and oily skin in the “T” zone (the nose, forehead and chin). In order to keep your Combination skin looking great, follow these tips:

- 1) Clean the dry parts of your face with a creamy, alcohol-based cleanser (2x daily)
- 2) Clean the oily parts of your face with an oil-free face wash (2x daily)
- 3) Avoid using masks, unless you use one specifically for Combination skin (or you only use it on the oily to normal parts of your face)
- 4) [Exfoliate](#) 1-2 times per week
- 5) Use a moisturizer on any dry sections of your face daily if needed
- 6) Use oil-free sunscreen whenever you'll be in the Sun for more than an hour
- 7) Stay hydrated! Drink plenty of water and avoid oily foods

Product/Skin Type	Normal	Oily	Dry	Combination
Face Wash	Cetaphil Gentle	Purpose Gentle	Clarins Foaming Cleanser	Cetaphil Gentle
Moisturizer	Clarins HydraQuench	Olay Definity	Clarins HydraQuench	Olay Definity
Sunscreen	La Roche-Posay Anthelios XL	Aveda Dual Nature SPF15	Eucerin SPF30 Moisture Lotion	La Roche-Posay Anthelios XL
Exfoliator	St. Ives Apricot Scrub	Revitol Exfoliator	Clinique Gentle Exfoliator	St. Ives Apricot Scrub
Mask	Queen Helene Mint Julep	Queen Helene Mint Julep	Queen Helene Mint Julep	Freeman Avocado & Oatmeal Masque
Anti-Wrinkle Cream	Life Cell or Revitol	Life Cell or Revitol	Life Cell or Revitol	Life Cell or Revitol

General Anti-Aging Skin Care Tips:

- Never scrub too hard while cleansing
- Do not wash your face more than 3 times daily
- Avoid using moisturizer more than once daily, unless your skin is extremely dry
- Get in the habit of applying SPF15-20 sunscreen on a regular basis
- Drink at 6-10 glasses of water daily
- Avoid eating greasy foods
- Eat plenty of fruits & vegetables
- Do not smoke!
- Keep up with a routine, using the right products for you (according to the table above)