



makeup by **alissa**

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## *skincare regimen for different skin types*

### *{ normal / combination }*

Normal/combo skin means that you have an overall smooth, even texture, although you might also have a slightly oily t-zone and dry cheeks. While most products work for your skin, your basic regimen should begin with a **cleanser** that effectively removes makeup residue and dirt.

The next step is **toner**, applied with a cotton pad to reduce the size of your pores, applied only to the t-zone area. Avoid applying toner on dry patches of your face as this will only dry it out further.

Lastly, finish off with a lightweight **moisturiser** – you can use a gel formulation for your t-zone and a creamier one for your cheeks, depending on your preference.

Exfoliate once or twice a week with a gentle micro-scrub. It is also a good idea to have different moisturisers for night and day – a heavier cream for night and a lighter one with SPF in the day.

### *{ oily }*

Oily skin is identified by all-over shiny patches (particularly in the t-zone), large pores and blackheads. You may also frequently break out due to excess sebum clogging up your pores, so an acne treatment may be necessary.

First, start off with an oil-free **cleanser** in a foam or gel formulation to remove excess oil. Try not to wash your face more than twice a day or this may stimulate increased oil production. Remove blackheads twice or thrice a week with an exfoliator containing microbeads.

A clay **mask** is also recommended at this stage to draw out impurities (use once a week). Next, apply an alcohol-free toner (such as one with AHAs in it) to eliminate leftover dirt and oil. Witch hazel or cucumber water are cheap yet effective options.

Don't forget moisturiser as oily skin still needs hydration, but choose an oil-free or anti-shine lightweight gel or lotion. A pore minimiser lotion is also optional.

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### { *dry* }

Dry skin appears to be dehydrated and irritated, and may feel rough, scaly and itchy with red blotches and/or flakes. Intense hydration is needed, from the cleanser to the moisturiser. Start with a creamy non-soap **cleanser** as this avoids drying out the skin further, and wash your face in warm water (not hot).

You can skip the **toner** or use a gentle formula such as cucumber water or rosewater. The **moisturiser** is the most important step – use a rich cream, emollient or ointment frequently throughout the day that is easily absorbed into your skin. You may also want to invest in a thicker night cream, and apply lip balm frequently.

*Note: This is only intended as a guide to help you better manage and treat your skin. A good regiment can help improve the condition of your skin, but it is no substitute for a healthy diet and exercise.*

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