

Understanding your skin type and right products to use for your face

December 25, 2022 2:16 pm - Today I finally decided to start my science fair project. I am researching the different types of skin and how to identify them. There are 7 skin types: Normal skin, oily skin, dry skin, Combination skin (oily and dry), Sensitive skin, Hyper-pigmentation skin, and Acne-prone skin.

- **Normal skin** - Skin that is balanced feels neither overly dry nor overly oily. It doesn't flake, break out easily, or feel tight or greasy. Normal-skinned people typically have small pores, smooth skin, and are less sensitive or prone to blemishes.
- **Oily skin** - A shiny, thicker-feeling complexion and larger pores are characteristics of people with oily skin. Hydration is not a problem for you because your skin produces more oil than enough. Instead, this skin type frequently struggles with blackheads and pimples. If oil remains after wiping your face with a tissue and you're still unsure if you have oily skin, you probably do.
 - **How to care for it:** To reduce the appearance of oil, it is recommended that you cleanse your face frequently and stay away from thick creams and emollients. Look for oil-free sunscreens and lotions as well to avoid unintentionally causing your skin to produce more oil.
- **Dry skin** - Tight, dry skin is a sign of dry skin. It can be expected to be flaky and cracked, especially during the winter.
 - **How to care for it:** The secret to caring for dry skin is moisture. To nourish your skin cells, use lotions and rich creams. You probably don't have 100% dry skin if you still break out even though your skin feels dry. Instead, the products you're using might be the cause of your skin feeling dry. Check your skin's condition after a few days of not using them.
- **Sensitive skin** - If you have sensitive skin, you've probably noticed that certain skincare, detergent, fragrance, and household products can make itchy, dry, burning, or reddening skin symptoms worse. Flares can also be brought on by exposure to the cold, sun, and wind.
 - **How to care for it:** The most delicate skin type that requires special care. By conducting patch tests on products before use to ascertain which ones irritate your skin and which ones calm it, you can find a skin care routine that works for you. To avoid harsh ingredients like alcohol and menthol, look for gentle products. Avoid using abrasive scrubs that contain pumice, aluminum oxide crystals, or crushed walnuts. Use warm water; avoid using hot or cold water. Avoid using bar soaps and scrubbers as well.
- **Combination skin** - When you have combination skin, your T-zone—which is your forehead, nose, and chin—usually feels oily while the rest of your skin feels dry. If you notice two or more different textures on your face, you likely have combination skin. It can also be oily and dry in different places.
 - **How to care for it:** The most common skin type, combination skin, calls for different products to be used on various parts of the face in order to maintain a healthy balance. For instance, to combat oil, you might want to use a gentle cleanser and moisturizer on your cheeks and a more potent product on your T-zone.
- **Hyperpigmented skin** - A common condition known as hyperpigmentation causes some areas of the skin to be darker than others. Hyper refers to more, and pigment refers to color. Spots or patches of hyperpigmentation may be brown, black, gray, red, or pink in color. The spots are also known as liver spots, age spots, and sun spots. The spots can appear all over the body or just in one location.

– How to care for it: The best way to care for it is to avoid sun damage. Stay out of the sun, wear sunscreen, and wear protective clothes. Check your medication and stop taking the ones that may be causing it. Take a lot of vitamins and also have fruit.

- **Acne-prone skin** - Skin that is prone to blemishes has a tendency to get comedones and pimples. It frequently appears shiny and oily. This is due to increased sebum production compared to other skin types by the sebaceous glands. Because people with oily skin are frequently impacted by genetic factors and hormonal changes, oily skin is a type of skin that is prone to acne. In addition, dry skin can aggravate and clog pores, which can lead to acne, depending on the environment or skin care routine.

December 26, 2022 5:03 pm - Today I am going to research about What destroys/damages my skin type? Can the water, food, or air affect my skin? I know that hard water (water water that primarily includes bicarbonates, chlorides, and sulfates as calcium and magnesium salts) damages our skin. It is brought on by the presence of minerals (calcium and magnesium) that our source water picks up while traveling through the earth; in this region, it is primarily limestone rock.) can affect the skin and damage it but I am going to look more into this because I want to know the reason that it is ruining our skin and what we can use to make the water clean.

- **Normal skin** - Smoking cigarettes, lack of sleep, stress, poor diet, chemical products, smiles and frowns, and **Sunlight damage**, also known as **Photoaging** is caused when **the sun ages the skin prematurely** resulting in wrinkling, spots, and loss of elasticity in your skin. Age spots, liver spots (solar lentigines), and freckles are examples of changes in pigmentation. Decrease in skin tone (decreased elasticity) Uneven, rough skin tone Spider veins (broken capillaries), typically found around the nose and chest Blotchiness and redness. To prevent Photoaging dermatologists suggest the use of a broad-spectrum sunscreen that has a SPF of 30 or higher. Reapply every two hours or earlier if you are swimming or exercising. There are many ways to treat photoaging such as Lasers **\$1445 - \$2509**, chemical peels (in toronto) around **\$644**, Photodynamic therapy **\$100 - \$400** per session, topical medications **\$36 - \$336** but there are medications that are cheaper, cryotherapy **\$60 - \$100** (in toronto \$55 per session).
- **Oily skin** - Paraffin, mineral oils, lanolin acids, petroleum jelly or petroleum, beeswax, and other waxes. A moisturizer for oily skin should be used in place of an occlusive emollient if you have oily skin or skin that is prone to acne. Over Washing your face with harsh products is the last thing you want to do. Gentle cleansing is crucial because vigorous cleansing will strip the skin of moisture and cause glands to overproduce oil. Avoid using washcloths, other abrasive tools, or coarse exfoliators on the skin.
- **Dry skin** - Daily activities like using harsh cleaning supplies and deodorant soaps can remove oils and fats from our skin. Long, hot showers can dry out your skin as well. The skin also dries out if you live somewhere cold and dry. By making some changes, such as moisturizing several times per day, you can frequently treat dry skin. Skin can become overly dry when it continues to lose water and is unable to repair itself. Skin can become overly dry due to disease, aging, and some medications.
- **Sensitive skin** - Heat and hot water exposure Anything that can harm the skin's outer layer, including soaps, cosmetics, hand sanitizers, solvents, and laundry detergents. Fragrances and preservatives in soaps, cosmetics, and detergents Several plants, including sumac, oak, and poison ivy Heat and hot water exposure to certain metals, like nickel, are used to make jewelry. Latex, rubber, and adhesives.
- **Combination skin** - Sebum production is the root of combination skin. Sebum is an oily substance (slightly yellow in color) that keeps the skin on your face moisturized. Sebum production occurs naturally and is healthy. However, when this production is high, oily skin starts to develop.

- **Hyperpigmented skin** - Sun exposure, hormonal changes, and trauma to the skin, such as from acne or an injury, are triggers. It might get worse if you pick at the spots and scabs. Some face creams can aggravate skin irritation, which can intensify hyperpigmentation.
- **Acne-prone skin** - Dead skin cells and sebum, an oily substance that lubricates your hair and skin, clog hair follicles, resulting in acne. More severe acne can result from infection and inflammation brought on by bacteria. The wrong skincare can make your acne worse (especially if you have oily skin and use a heavy moisturizer with comedogenic ingredients like oils). Acne can also be affected by stress, sleep deprivation, smoking, and diet.

December 26, 2022 6:18 pm - **Sunscreens** - People may ask questions like why should I use sunscreen? I do skincare. Do I still have to use sunscreen? The answer for those questions is yes. No matter what skin care routine you do sunscreen is always a must even if you don't have a skincare routine. On days where you're not going outside, you wear makeup with SPF, it's cloudy or getting dark and you cannot see the sun anymore. It is still recommended to wear sunscreen. For the different types of sunscreen, there are chemical (organic sunscreen), or Mineral ("physical/natural") Inorganic sunscreen. Both of these are effective and equally effective but it depends on the person's skin type or personal preference. The most important thing is to wear sunscreen consistently. An ingredient to avoid in chemical sunscreen is oxybenzone/benzophenone-3 for many reasons, one being photoallergy. Sunscreen application should come last in your skin care routine. Applying an SPF product after your moisturizer will help block out any strong rays as they are specially formulated with protective ingredients. SPF is applied after moisturizer, in other words. Sunscreen can lessen your chance of developing skin cancer and skin precancers. Regular daily use of SPF 15 sunscreen can cut your risk of melanoma by 50% and squamous cell carcinoma (SCC) by about 40%, respectively. Aid in preventing wrinkles, sagging, and other signs of premature aging of the skin brought on by the sun.

- **Normal skin** - A mineral sunscreen with just two active ingredients—zinc oxide and titanium dioxide—will be the best choice for daily use. Additionally, it must be broad-spectrum, which means that it shields the skin from UVA and UVB rays, and has an SPF of at least 30.

[Kiehl's Skin Tone Correcting & Beautifying BB Cream, Broad Spectrum SPF 50 \(\\$36.80\)](#)

[The Ordinary Mineral UV Filter SPF 30 with Antioxidants \(\\$18\)](#)

[REN Clean Screen Mineral SPF 30 Mattifying Face Sunscreen \(\\$51\)](#)

- **Oily skin** - Try to find sunscreen with a matte finish that is water-based or gel-based. You can also manage the amount of oil your body produces by using sunscreen that contains ingredients like niacinamide, green tea, or tea tree oil. I have oily skin so a sunscreen like Neutrogena Ultra Sheer Dry-Touch does not work for me and causes acne for me.

[Rohto Mentholatum - Skin Aqua UV Super Moisture Gel Hydrating Sunscreen SPF50+/PA++++ - 110g \(\\$17.79\)](#)

[Aveeno Positively Radiant Sheer Daily Moisturizer \(\\$11.25\)](#)

- **Dry skin** - Adding more moisture should be your main goal. In this situation, you can always take advantage of a moisturizing sunscreen that comes in a cream form so that you can layer it over your moisturizer. The best sunscreens are those that have moisturizing additives like ceramides, glycerin, hyaluronic acid, and honey.

[La Roche-Posay Anthelios Ultra Light Sunscreen Fluid SPF 60 \(\\$40.75\)](#)

[Biore UV Aqua Rich Watery Essence SPF 50+, PA++++ \(\\$18.19\)](#)

[Dear, Klairs Soft Airy UV Essence SPF50 PA++++ \(\\$31.25\)](#)

- Sensitive skin - You should steer clear of a number of ingredients when purchasing sunscreen. Alcohol, fragrances, oxybenzone, para-aminobenzoic acid (PABA), salicylates, and cinnamates are some of the ingredients that may cause an adverse reaction. Your best bet is to aim for a mineral sunscreen that contains zinc oxide and titanium dioxide because it is less likely to result in an adverse reaction. Additionally, ingredients with calming properties like panthenol, allantoin, and madecassoside may help to lessen irritation. I personally have sensitive skin so fragrances burn my skin and hurts it a lot so I use Heimish, Artless Glow Base, SPF 50+ PA+++, 40 ml which works really well for me.

Dr. Jart+ Every Sun Day Mild Sun Moisturizing Sun Protector, SPF 43, PA+++ (\$29.29)

SkinCeuticals Physical UV Defense Broad Spectrum SPF 30 (\$48.91)

Purito Centella Green Level Safe Sun SPF 50+, PA ++++ (\$35.89)

Heimish, Artless Glow Base, SPF 50+ PA+++, 40 ml (\$23.85)

- Combination skin - EltaMD UV Clear Facial Sunscreen Broad-Spectrum SPF 46 (\$66)

La Roche-Posay Anthelios Ultra Light Sunscreen Fluid (\$ 29.95)

Aveeno Ultra-Calming Daily Moisturizer (\$22)

Thrive Natural Moisturizing Mineral Face Sunscreen SPF 30 (\$21.21)

Neutrogena SheerZinc Dry-Touch Sunscreen Lotion (\$13)

- Hyperpigmented skin -

EltaMD UV Elements Tinted Broad-Spectrum SPF 44 (\$36)

Versed Guards Up Daily Mineral Sunscreen (\$22)

Neutrogena Sensitive Skin Sunscreen Broad Spectrum SPF 60 (\$11)

- Acne-prone skin - EltaMD Facial Sunscreen SPF 46 (\$39)

Hawaiian Tropic Silk Hydration Sunscreen (\$12)

Cetaphil Oil Absorbing Moisturizer SPF 30 (\$17)

La Roche-Posay Anthelios Light Fluid Face Sunscreen Broad Spectrum (\$30)

December 27, 2022 2:57 pm, 9:08 pm - Today I am going to research how water, air, and food can damage your skin and have either a negative or positive effect on your skin. I am also going to be talking about ways to fix this (mostly how to filter your water) and etc. As I talked about yesterday, hard water is something I am going to be researching today but I am going to try to find a solution for hard water.

- Can water affect my face skin?

The pH scale determines whether a substance that dissolves in water is acidic or alkaline (such as the surface of your skin or water). The more alkaline, the higher the pH number; the more acidic, the lower the number. Your skin's pH should be 4.7 or less, which is a happy level. This means that splashing more alkaline water on your face could harm your skin. Even the type of water that might be in your pipes is not even mentioned.

It's possible that your water is "hard," meaning it has higher levels of minerals than usual, particularly calcium, magnesium, and iron. It may also be soft, which denotes a lower mineral content than usual. While these minerals are typically safe to consume, they can also dry out and irritate the skin. Additionally, it might worsen psoriasis, eczema, and dermatitis. You can ask your water provider or purchase an at-home pH test or a water hardness test to determine the pH and hardness of your water. From there, you can choose whether to purchase a showerhead water filter. But the water in your sink might be a little harder. Try using bottled water or pasteurized milk as a substitute for tap water if you think your skin is being stressed by it. In addition, milk has a few ingredients that are good for your skin, including lactose, proteins, and saturated fats that can moisturize your skin. Skin care myth - drinking water. Really

good for the entire body. Studies have shown that no matter how much water you drink, water does not affect your skin at all.

- **Can air affect my face skin?**

Numerous causes of acne are obvious, such as touching your face excessively or failing to wash it after exercise.

Others are a little harder to identify, such as hormonal acne or stress acne. Then there's the possibility that, without your knowledge, something in the air may be the cause of your flare-ups. Ronald Ro, the founder of

Awair, a company that creates air quality monitors states, "Your skin is constantly in contact with the air around you, and many people don't realize that you can have reactions from it. Unhealthy air has the potential to trigger eczema flare-ups, hives, acne breakouts, and premature aging." He says that the air indoors can reach five times more pollution than outdoor air. Five factors that affect air quality, according to Ro, determine whether the air around you is healthy. "These are the chemical levels, dust, CO2, temperature, and humidity levels. These can irritate your skin and cause breakouts if you use them in excess or too little."

- **Can food affect my face skin?**

A study in the Archives of Dermatology looked into the rate of acne, which is common in western civilization but significantly less common in non-westernized societies. The study looked at two societies that had no known cases of acne and their diets. The diets were low in fat and high in whole grains, fruits, vegetables, and fish. Dairy, alcohol, coffee, caffeine, sugar, refined grains, and oil consumption was minimal or nonexistent. A high level of physical activity and a low prevalence of chronic diseases were also characteristics of non-westernized societies. Many studies have examined how different nutrients impact skin thinning, dryness, and wrinkles. Less wrinkles and age-related dryness are consistently linked to the vitamins, minerals, and antioxidants found in foods like fruit, vegetables, and healthy fats. It is advised to use retinol-containing skincare products, which can help with wrinkles and acne, sunscreen and moisturizer every day to promote beautiful skin outside of the kitchen. She also suggests washing your face no more than twice per day. Additionally, benzoyl peroxide-containing products can be beneficial for acne. Fish is a fantastic source of protein (important for the production of collagen and elastin, which keeps your skin supple) and contains omega-3 fatty acids, which are known to improve skin health and reduce inflammation.

The majority of the color in orange or red fruit and vegetables comes from substances called carotenoids, some of which can be converted into Vitamin A, which is necessary for the development of new skin cells. They are also a fantastic source of vitamin C, which is necessary for producing collagen. Carotenoids and vitamin C both act as antioxidants, preventing free radicals from damaging our skin and causing early signs of aging. Avoid refined carbohydrates and sugars, which are found in many breakfast cereals, sweets, white bread, pastries, and white rice. Replace these foods with "good carbs" that have a lower glycemic index, such as wholesome vegetables, whole grains, and the wrinkle-preventing antioxidants in fruits. This will lower the overall carbohydrate load in your diet. It's crucial that your body gets enough water while you're on a diet. It's critical to maintain hydration so that nutrients can reach your skin cells. Avoid sugary beverages and choose water or green tea, both of which are excellent sources of antioxidants.

- **What should you do if you have hard water?**

A water softener is the most typical tool used to treat hard water. The hard water minerals in your water are removed by this system of water filtration. The calcium and magnesium are trapped in a resin bed as the water enters the filter, where they are then exchanged with sodium ions. For showers, you can buy many shower heads that filter out calcium, magnesium and iron and for sinks

you can also do the same. For shower heads, an active carbon filter and mineral balls for shower heads are really beneficial and help a lot with filtering your water. For sinks, you can use a faucet water purifier. I am going to test out mineral balls for a water softener for sinks to see if they also work for sinks or not.

December 28, 2022 11:47 am, 4:45 pm, 5:48 pm - I'm starting to go into the harder parts of the project and I have no motivation whatsoever to start hours of research. I've been delaying my work for an hour now so I'm finally going to start right now. Today I am going to be researching ingredients (natural) that you can use for your skin. I am also going to be researching ingredients you often see in skin care products while seeing which ones are good and bad for each skin type.

Good for hydration/good for all skin types

Hyaluronic acid

Polyglutamic acid

Niacinamide can help balance the water content pretty well for all skin types. If you have dry skin it helps fix your moisture barrier if you have dark spots it can help brighten.

Ceramides good for dry skin/ nourishing for skin also vitamin E

Oily skin- tea tree oil, witch hazel make sure percentage is not too high

Combo skin -

Normal skin- focus on hydration and soothing centella asiatica good for calming skin Pantenall

Retinol is good with aging skin and wrinkles /another form of vitamin a

Vitamin c is good for all skin types, can help acne scars, aging, hyper pigmentation

Exfoliators - three - aha alpha hydroxy acids - glycolic , lactic acids, etc.... Good for dryer skin. Help skin cells on the surface of the face come off. More on the surface

Bha - beta hydroxy acid - salicylic acid good for oily skin types people with acne/blackhead prone skin also helps people with big pores and makes pores look smaller. Doesn't shrink pores but it does make it look smaller.

Pha- poly hydroxy acid - premature skin aging, helps exfoliates skin while not taking away too much moisture from ur skin, (Gluconolactone)

Retinol, vitamin c and exfoliators can cause more damage for the skin if used together.

Bad ingredients - retinyl palmitate can cause damage in sunscreen for skin when exposed to sun it breaks up into polimitac acid and retinol and can go deep into ur skin all the way to your bloodstream and can cause problems with ur

hormonal distribution. It can also cause cancer when exposed in the sun. oxybenzone can also cause hormonal distribution.

Bha and retinol have a very small molecular size; they make it deep into the skin and into blood streams, only pregnant women and breastfeeding women are affected by this; it can also harm the baby.

Fragrances are recommended to avoid because it can cause long term damage to the skin. Natural fragrances like ingredients are good. Recommended to avoid essential oils not as bad fragrances but better to avoid.

Honey is known to be good for skin and acne, very hydrating and moisturized keeps skin healthy,

Potatoes are good as well. Salicylic acid is derived from potatoes. If you put on your pimple it can help it shrink.

Yogurt can help moisturize and calm down irritated skin. Can help acne and sunburns.

Ginseng is good if you eat it, it helps prevent it again and makes you healthy.

Rose water people drink it and put it in their food and makes people's skin stay healthy.

People who are really young should not use retinol or a lot of retinol because it can break the skin. It is recommended to use retinol when at least at the start of your late 20's. You can use a very small concentration of retinol 0.01% which is safe for people who have acne.

Farmacy Green Clean Makeup Removing Cleansing Balm (cleanser made with natural ingredients)

Korean skincare is the best form of skin care. Skin care in Korea is like brushing your teeth, so it's basic hygiene for Koreans. Its affordable/products with lower prices and good quality you would have to buy it online

French skincare is also really good. There is a lot more care about it than the western world. It's something that is seen as rich celebrities do so some are not high quality and the high quality skin care is not gonna be less than \$80.

Brands that are good -

Korean skincare - Iunik, etudehouse good products are in the soonjunge line, hanskin, some by mi, benton, pyunkang yul, cosrx

French skincare - la roche posay, viche, avene, bioderma, carave.

Western/ Usa skincare - the ordinary, the inkey list, youth to the people, biossance, cetaphil, rodan fields,

December 30, 2022 5:16 pm - I didn't have the chance to work on my project yesterday so today I am finally finished!! The day after tomorrow I will organize all the information into my slides and see what I am going to do. I might add more information and do more research but for now I am going to research skin care products such as moisturizers, cleansers, serums, exfoliators, and face masks for each skin type (not excited at all and my neck hurts). I will be listing products only and their prices since I have already talked about which ingredients or skincare products you should avoid.

Cleansers:

- **Normal skin** - Cetaphil Daily Facial Cleanser (\$17), iS Clinical Cleansing Complex (\$45), DHC Deep Cleansing Oil (\$15), Neutrogena Skin Balancing Purifying Gel Cleanser with 2% PHA (\$8),
- **Oily skin** - La Roche-Posay Toleriane Purifying Foaming Cleanser for Oily Skin (\$16), Dermalogica Special Cleansing Gel(\$12), DHC Deep Cleansing Oil (\$15), Tonymoly I'm Rice Exfoliating Enzyme Cleanser (\$13), SALICYLIC ACID CLEANSER (\$14), BENTON Deep Green Tea Cleansing Foam (\$14)
- **Dry skin** - First Aid Beauty Face Cleanser (\$12), DHC Deep Cleansing Oil (\$15), Cetaphil Gentle Skin Cleanser (\$12), Byoma Creamy Jelly Cleanser (\$12), CeraVe Hydrating Facial Cleanser (\$16), HYALURONIC ACID CLEANSER (\$9.09),
- **Sensitive skin** - DHC Deep Cleansing Oil (\$15), Dr. Jart+ Cicapair Tiger Grass Enzyme Foam Cleanser (\$26), La Roche-Posay Toleriane Hydrating Gentle Cleanser (\$13), CeraVe Acne Control Cleanser (\$13), Cetaphil Gentle Skin Cleanser (\$12), OAT CLEANSING BALM (\$14),
- **Combination skin** - DHC Deep Cleansing Oil (\$15), CeraVe Hydrating Facial Cleanser (\$20), Dr. Jart+ Cicapair Tiger Grass Enzyme Foam Cleanser (\$26), Neutrogena Skin Balancing Purifying Gel Cleanser with 2% PHA (\$8),
- **Hyperpigmented skin** -DHC Deep Cleansing Oil (\$15), Murad Environmental Shield Essential C Cleanser (\$54), PIXI Vitamin-C Juice Cleanser (\$25), NIP+FAB Vitamin C Fix Cleanser (\$18.90), FULVIC ACID CLEANSER (\$9.97),
- **Acne-prone skin** - DHC Deep Cleansing Oil (\$15), CeraVe Acne Control Cleanser (\$13), Tonymoly I'm Rice Exfoliating Enzyme Cleanser (\$13),

Moisturizers:

| Moisturizer type | What they do | Examples |
|------------------|--|--|
| Humectants | attracts and retains water from the air or deeper layers of skin | hyaluronic acid (HA), glycerin, panthenol (vitamin B5) |
| Occlusives | forms a physical barrier on the top layer of skin to protect from water loss | petrolatum, squalene, dimethicone, plant oils, ceramides |

| | | |
|--------------|---|--|
| Emollients | fills in the spaces between flaking skin, making skin feel silky smooth | squalene, dimethicone, plant oils, ceramides |
| Antioxidants | hydrates, fights oxidative stress, and improves skin barrier function | vitamin C, vitamin E, niacinamide |

- **Normal skin** - La Roche-Posay Toleriane Double Repair Moisturizer UV (\$20), Laneige Water Bank Blue Hyaluronic Cream Moisturizer (\$40), The inkey list peptide moisturizer (\$15), CosRx Advanced Snail 92 All in One Repair Cream (\$26),
- **Oily skin** - Neutrogena Hydro Boost Gel-Cream with Hyaluronic Acid for Extra-Dry Skin (\$20), CosRx Advanced Snail 92 All in One Repair Cream (\$26),
- **Dry skin** - La Roche-Posay Lipikar Eczema Cream (\$16), Olay Hyaluronic + Peptide 24 Hydrating Gel (\$35), CeraVe PM Facial Moisturizing Lotion (\$13), Drunk Elephant Lala Retro Whipped Moisturizer (\$60), Dr. Jart+ Ceramidin Cream (\$48), Cetaphil Daily Oil-Free Hydrating Lotion (\$15)
- **Sensitive skin** - Aveeno Calm + Restore Redness Relief Cream (\$20), Cetaphil Daily Oil-Free Hydrating Lotion (\$15), Aveeno Ultra-Calming Daily Moisturizer SPF 30, La Roche-Posay Toleriane Ultra-Sensitive Skin Face Moisturizer (\$30), CosRx Advanced Snail 92 All in One Repair Cream (\$26),
- **Combination skin** - Cetaphil Daily Oil-Free Hydrating Lotion (\$15), Neutrogena Hydro Boost Gel-Cream with Hyaluronic Acid for Extra-Dry Skin (\$20), CosRx Advanced Snail 92 All in One Repair Cream (\$26),
- **Hyperpigmented skin** - CosRx Advanced Snail 92 All in One Repair Cream (\$26), CeraVe Facial Moisturizing Lotion AM with SPF 30 (\$14), Aveeno Positively Radiant Daily Moisturizer Broad Spectrum SPF 30 (\$13),
- **Acne-prone skin** - Cerave Moisturizing Cream Review (\$18), CosRx Advanced Snail 92 All in One Repair Cream (\$26),

Serums

A skin care product called serum is applied before moisturizing and after cleansing and toning.

A tincture bottle is typically where you'll find the gel-like or liquid substance. High concentrations of certain beneficial ingredients, including:

alpha hydroxy acids (AHAs), salicylic acid, a type of beta hydroxy acid (BHA), and vitamin C

- **Normal skin** - L'Oréal Paris Revitalift Derm Intensives 1.5% Pure Hyaluronic Acid Serum (\$20), La Roche-Posay Hyalu B5 Serum (\$37), Peach & Lily Glass Skin Refining Serum (\$40), CeraVe Hydrating Hyaluronic Acid Serum (\$23),
- **Oily skin** - If you have oily skin, you are probably aware that sometimes more than a few blotting papers are needed to reduce shine.

The oil glands in your skin produce sebum when they are working overtime. Sebum is a greasy, waxy substance. Although some sebum production is normal, too much can make you more prone to breakouts.

A serum might be able to help your skin care routine by controlling oil production and providing a few extra advantages. Primally Pure Clarifying Serum (\$72), The INKEY List Niacinamide Oil Control Serum (\$13), The Ordinary Niacinamide 10% + Zinc 1% (\$12), Mario Badescu Anti-Acne Serum (\$28).

- **Dry skin - Dermatologist's favorite:** SkinCeuticals Hydrating B5 Gel (\$95)
Best drugstore picks: Neutrogena Hydro Boost Hydrating Serum and Vichy Aqualia Thermal Face Serum (\$17)
Best for summer: Caudalie Vinosource SOS Intense Hydration Hyaluronic Acid Serum and Herbivore CLOUD JELLY Plumping Hydration Serum (\$60)
Best for dry, flaky skin: SkinCeuticals Retexturing Activator (\$100)
- **Sensitive skin - Best for redness:** REN Clean Skincare Evercalm™ Anti-Redness Serum (\$60)
Best for sensitive skin: Pai Sea Instant Kalmer (\$80), CeraVe Hydrating Hyaluronic Acid Serum (\$18), The Ordinary Hyaluronic Acid 2% + B5 (\$7), B-Hydra Intensive Hydration Serum (\$48), Plump Jelly Hydrating Serum (\$58).
- **Combination skin -** GOOD MOLECULES Niacinamide Serum (\$6), THE ORDINARY Azelaic Acid 10% Suspension Brightening Cream (\$10), NATURIUM Niacinamide Serum 12% Plus Zinc 2% (\$16), LA ROCHE-POSAY Pure Vitamin C Face Serum (\$42), GLOW RECIPE Avocado Ceramide Redness Relief Serum (\$44).
- **Hyperpigmented skin -** Ole Henriksen Glow2OH Dark Spot Toner (\$34), It Cosmetics Bye Bye Dark Spots 4% Niacinamide Serum (\$29), Kiehl's Clearly Corrective Dark Spot Correcting Serum (\$65), SheaMoisture Even & Radiant Raw Honey Dark Spot Correcting Serum (\$12), Glow Recipe Guava Vitamin C Dark Spot Serum (\$45).
- **Acne-prone skin -** The Ordinary Retinol 0.5% in Squalane (\$14), CeraVe Resurfacing Retinol Serum (\$12), Versed Just Breathe Clarifying Serum (\$20),

January 25, 2023 8:42 pm- It has been about a month since I last worked on my project. I have finally decided to finish it. I am going to be talking about Ceramide skincare for a person's face.

Ceramides are among the most effective skin-care ingredients for fighting dry skin, which you may be all too familiar with as the colder weather approaches. Ceramides are among the most effective skin-care ingredients for fighting wrinkles as well. Fortunately, ceramide-based products are readily available at every price point, from drugstores (CeraVe and Amlactin) to luxury brands, in addition to being a favorite among dermatologists (Elizabeth Arden and SkinCeuticals).

The Inkey List Ceramide Hydrating Night Treatment (\$15)
 Byoma Creamy Jelly Cleanser (\$12)
 Drunk Elephant Lala Retro Whipped Moisturizer (\$60)
 TonyMoly Wonder Ceramide Mocchi Toner (\$18)
 Cocokind Ceramide Barrier Serum (\$22)
 Aveeno Calm + Restore Skin Therapy Balm (\$20)
 Dr. Jart+ Ceramidin Cream (\$48)
 CeraVe Hydrating Facial Cleanser (\$16)
 Amlactin Rapid Relief Restoring Lotion + Ceramides (\$19)
 Glow Recipe Avocado Ceramide Recovery Serum (\$44)
 Bioderma Atoderm Intensive Balm (\$28)

Can I make my own skincare products?

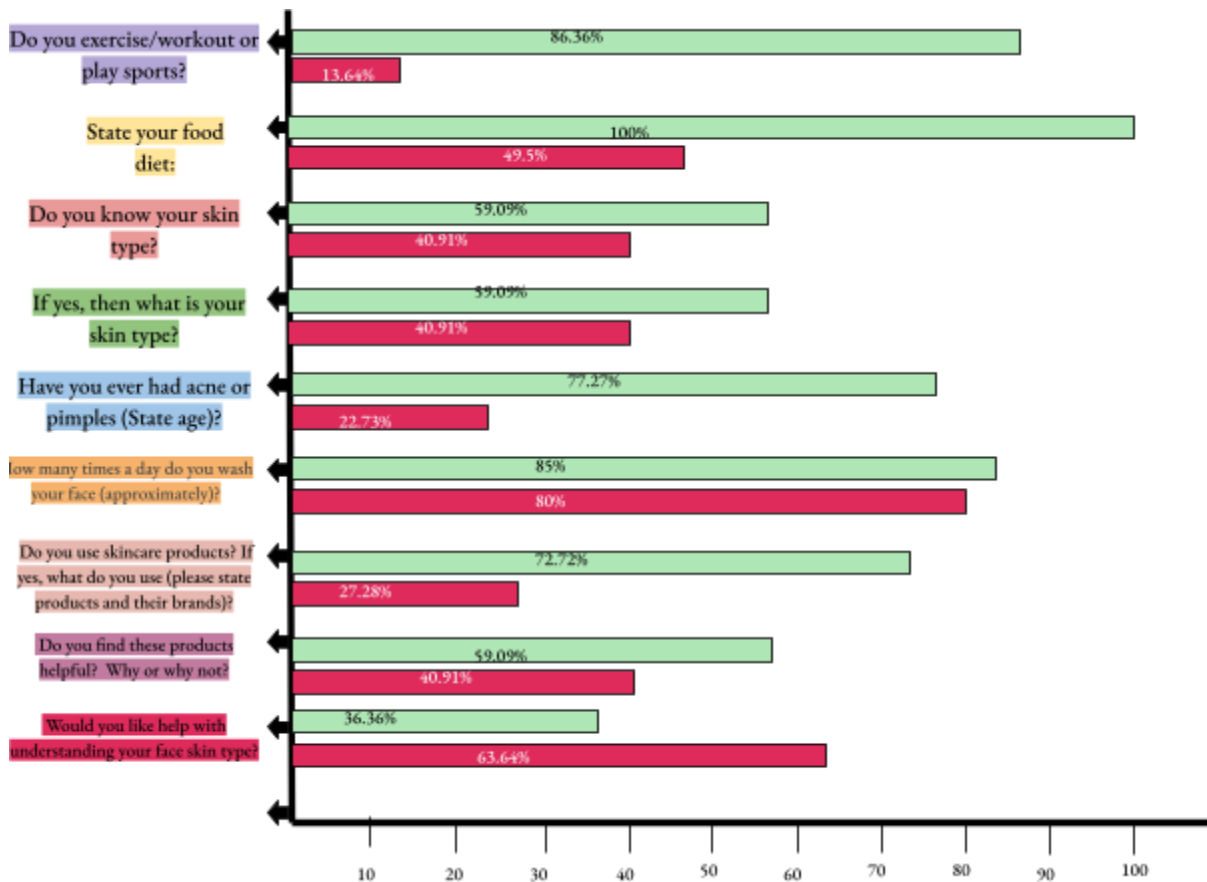
Homemade face scrubs can harm the skin. The skin can be torn by coffee and walnut scrubs if they aren't creamy enough. Make sure they don't excessively bruise the skin cells with unneeded scrubs if you have acne-prone skin. The good news is that you can still create natural skincare products that use lovely botanical ingredients that are centered on water, like hydrosols or aloe vera gel, and make sure that all those formulations are preserved safely and naturally. The

possibility of microbial contamination with some homemade cosmetics is one of the main issues. A moist, warm environment like the bathroom makes products containing water, like moisturizer or shampoo, ideal breeding grounds for bacteria, yeasts, and fungi.

January 26, 2023 4:27 pm - I finally collected data. I made a survey to collect data. My main purpose of this survey was to compare males and females, look at how skin differs with different age groups, and how many people have a simple to good understanding of their skin. I wanted to compare different age groups and genders to see if the results would change from mixed results (results with both genders and age groups) or if there would be a big difference if we separate them.

Questions for survey:

Do you exercise/workout or play sports? State your food diet: Do you know your skin type? If yes, then what is your skin type? Have you ever had acne or pimples (State age)? How many times a day do you wash your face (approximately)? Do you use skincare products? If yes, what do you use (please state products and their brands)? Do you find these products helpful? Why or why not? Would you like help with understanding your face skin type?



Surveys received: 19 - Female, 11 - Male

11 - Female & 11 - Male are the surveys I am going to be using

Questions:

How do I figure out my skin type?

What is the cause for that skin type?

How to care for my skin type?

What destroys/damages my skin type?

What change does sunscreen have?

Can the water, food, or air affect my skin?

I use hard water to clean my skin every day, what should I do?

What natural ingredients can I use for my skin?

What ingredients in my skin care products are helpful and which are not?

What products can I use to help my skin?

Can I make my own skin care products?

Sebum - Sebum is an oily, sticky substance that the body creates to keep the skin hydrated. Squalene, waxes, and various fat molecules make up its composition.