

SKIN TONE & SKIN TYPE

SKIN TONE

Your skin tone, also called undertone, is different from your complexion, which is the shade of your skin (light, medium, dark). Your undertone will remain the same no matter how much sun you get, even if you're pale in the winter and tan in the summer. There are three different undertones - cool, warm, and neutral.

Your skin's **undertone** is the colour underneath the surface. You can have the same skin colour as someone, but a different **undertone**, which are broken down like this: Cool (pink, red or bluish **undertones**) Warm (yellow, peachy, golden **undertones**) Neutral (a mix of warm and cool **undertones**)

Hold up your arm in the natural light and determine the predominant colour.

1. If you can't tell if your veins are green or blue, you may have a neutral skin tone.
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2. If your veins appear green, you have a warm skin tone.
3. If your veins appear blue or purple, you have a cool skin tone.

SKIN TYPES

The skin can be out in to five main 'types'

.Normal

.Dry

.Oily

.Combination

.Sensitive

1)**Normal**-the characteristics of normal skin is having well balanced skin with good blood circulation. The texture is smooth with an appearance of a 'fresh' colour and usually no blemishes. This type of skin is not sensitive.

2)**Dry**- the reason for dry skin is when it produces less sebum than normal. It therefore lacks liquid needed to keep it moisturised and doesn't build up a protective shield. It's more common for women to have dryer skin than men and as we get older most people skin becomes dryer. A lack of moisturising factors and fatty acids can make dry skin appear scaly, flakey and /or rough. It can sometimes be itchy and have a feeling of tightness.

3)**Oily**- oily skin has extra Sebum where by the skin over produces it resulting in 'greasy skin'. There can be a variety of causes including genetics, hormones, medication, stress and even make up & face products. The look of oily skin tends to be clearly enlarged pores, glossy/shiny skin, sometimes visible blood vessels, black heads and/or whiteheads and possibly redness and acne. There can also be 'papules' spots with no visible head.

4)**Combination**-this is as it's sounds a skin with part oily areas and part dry or normal areas. Often the 'T-zone' is oily and the cheek area normal to dry. This is caused by lack

of sebum in areas and over production of it in others. Enlarged pores, shine etc may appear in the oily areas and dry skin and/or non visible pores in other areas.

5)**Sensitive**-people with sensitive skin can vary from those who have permanently sensitive skin to those who's skin flares up when in contact with irritants. Sensitive skins natural barrier is compromised when it comes in to contact with irritants and water loss occurs allowing these irritants to penetrate the skin. The skin can look flaky, appear red, have rashes, have swelling, scaling and roughness. It can also feel itchy, burning, tight and prickly.