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Every body type is different in many ways, even if some skin types are grouped together under the broad sense, that you understand your skin. Good to know the interior of body type you have and tell you that the best kind of facial treatment that helps your body looks young and fresh, without damage. But it is also wise for you to know your skin type, along with the idea of ??what kind of facial is best for your body.

Dry skin

Dryness of the body can occur through a variety of reasons, so there are many different treatments available to treat dry skin. Basically dry skin lacks natural fats or oils that are necessary for your body to stay hydrated. As your skin is lacking water, it becomes dehydrated and its natural cycle stops Exfoliating your skin is dry and flaky.

People who have dry body should choose the face that includes a gentle exfoliation with creams that contain enzymes that prevent flaking. Face masks part of the treatment, which is the optimal treatment of dry skin, dry skin need to mix oil and water to maintain its balance.

Oily skin

Your skin is oily, your skin begins to produce more oil than it needs. Oil base mud and debris such as dead skin cells, makeup and pollution which congeal and clog your pores. The store keeps dirt, and congestion as a result of hardening of dental plaque and cause black marks all over your skin making your skin look greasy.

Facial treatments that are beneficial for oily skin include gentle chemical Exfoliant containing glycolic or salicylic acid, which can seep through your pores and melt the dirt and dust away. Often, aesthetics must apply to the extracts to remove stubborn and hardened debris accumulated through their pores blackheads form. This is a process that only an experienced aesthetic can be safely performed so avoid it at home.

Combination skin

Combination skin is difficult because it is oily around the T-zone, which is the forehead and nose and is dry around the cheeks, so they require different treatment for different areas. Available for people with combination skin facial enzymes and chemical exfoliants. It is recommended to treat combination skin Exfoliant Another type is the Microdermabrasion which is very effective for cleaning and moisturizing combination skin.

People who have combination skin requires the extraction of the T-zone, to successfully remove the debris and blackheads, along with a professional cleaning mask, a better one that is freeze-dried collagen to hydrate the skin and add moisture loss of resources.

Mature skin

Mature skin can be difficult to treat, it is important that you properly assess your skin. Mature skin can be oily and acne prone, or with a dry, dehydrated or have many different skin types.

Dwarf as well as mature skin cells and prevents the blood circulation, so you need to find the exact

cause of the trouble, your skin with its aesthetics start problems, particularly in the fields. People with mature skin should choose to increase blood circulation and promotes anti-oxidants, minerals and vitamins for absorption into the skin to make it look healthier and younger-looking face.

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