



The Essential Skincare Guide for Oily Skin

Oily skin has its up and downs like other skin types. The good part of people with oily face is they tend to have less wrinkles than their dry skin counterparts. Oil also makes their skin age slower than other skin types. Unfortunately, if you have oily face, it's considered normal to have shiny, shimmering face.

You cannot totally eliminate oil from your face. It's a natural part of your skin hence its importance, but like they say too much can be bad for you. What is the best way to take care and protect an oily skin?

Having a basic skincare routine for oily skin can help you maintain oiliness. And to build the right regimen you need the correct products. Here are the basic steps for you to start your essential skincare journey!



Step 1: Cleanse

The cleansing step is the most vital part of your routine. You need to cleanse your face twice a day, morning and night. People with oily skin should focus a lot on washing their face to clear the excess oil, dirt build up, and bacteria. The main feature you should look for in a facial wash or cleanser is *salicylic acid* or also known as BHA (beta-hydroxy acid). BHA is a standard ingredient exfoliates on the surface and in the pores. Plus, it's very effective for treating blackheads.



Step 2: Exfoliate

Exfoliation products are mainly in facial *peels*, *scrubs*, or *chemical* form. Ideally, this step should only be done 2-3 times a week. It's a special step due to the extra oil and dead skin cell build up that happens more to oily skin types. Exfoliating lessens breakouts and overproduction of oil.

Religiously doing exfoliation decreases pimple appearance, blackheads, and whiteheads. It's already been mentioned, but exfoliating products with salicylic acid works best. Other acids that work like salicylic are glycolic acid, retinoic acid, and lactic acid.



Step 3: Tone

Many skincare enthusiasts and experts alike argue whether toners are important or not. But think of toning as a prep for your skin's surface. A toner comes in liquid form and does a lot – it refreshes your skin without stripping the moisture, restores the pH level of the skin, removes traces of impurities, and can help minimize the appearance of pores! For oily-skin types, it's best to use alcohol-free toners. Ingredients like hyaluronic acid, glycerine, and vitamin C help with the concerns of an oily face. They hydrate, moisturize, and brighten the skin respectively. And remember, it's important to give attention to the T-Zone; forehead, nose, and chin when using a toner!



Step 4: Moisturize

When you have oily skin, it's normal to think that a moisturizer isn't really important. You already have a shiny complexion, and adding more moisture sounds unhelpful. But the real deal is, if you have the right moisturizer for an oily skin, you can prevent breakouts. Not using a moisturizer also leads to over production of oil. Since your skin isn't receiving any kind of moisture or hydration, it will compensate by producing more oil. What kind of moisturizer is good for oily skin? *Light* and *non comedogenic*. Basically, products that don't feel thick, won't clog your pores, and cause comedones (blackheads and whitheads). Pore-clogging ingredients such as coconut oil, palm oil, shea butter, and talc should be avoided. *Water-based* moisturizers are the best choice and products infused with *hyaluronic acid*, *glycolic acid*, *niacinamide*, and *retinol*.



Other Essential Products

- Eye Cream
- Serum
- Sunblock

Managing an oily skin is hard. But if you find the right products and follow the routine, *a clear, happy, and healthy complexion* awaits you!