

ARE YOU OILY...

Or just dewy? **JUSTINA TAN** tells you how to spot the difference and shows you ways to cut oily shine.



So, what's the difference? Oily shine is caused by excessive sebum on skin while dewy shine is a sign of healthy skin, says Dr Jean Ho, consultant dermatologist at Jean Ho Skin and Laser Clinic and visiting consultant dermatologist at KK Women's and Children's Hospital.

In excessively oily skin, the build up of sebum results in coarse skin. You'll also have enlarged pores, blackheads, pimples and irregular pigmentation, says Dr Ho.

Dewy skin has the right balance of sebum to maintain skin hydration. Dr Ho says healthy skin has a radiant glow because of regulated cell renewal and skin metabolism. It is smooth, even-toned and generally blemish-free.

GET THE BALANCE RIGHT

DON'T WASH EXCESSIVELY Using astringents, foaming washes and mattifying lotions strip skin of moisture, says Dr Ho. This increases sebum production as the skin tries to replenish lost lipids, resulting in greasier skin. Instead, wash twice a day with an oil-free cleanser with a pH of 4.5 to 5.5.

MOISTURISE DAILY Even if you have oily skin. Just choose an oil-free, water-based product.

GO OIL-FREE For sunscreen and makeup (particularly blusher and foundation), so as not to clog your pores.

FIX THE OIL PROBLEM

Dr Ho suggests using products that regulate skin renewal, remove dead skin cells and regulate sebum production, and to use mattifying gels in moderation.

For long-term oil control, look for skincare with sulphur, zinc oxide, niacinamide, salicylic acid or alpha hydroxy acids (AHA), which regulate sebum production and improve skin cell turnover.

If your sebum condition is severe, see your doctor about using contraceptive pills, anti-androgens or retinoids that act directly on sebaceous glands to reduce oil production. sh

Made to mattify These skincare products absorb oil and keep skin matte all day.

SKINCARE

L'Oreal Paris Dermo-Expertise Hydrfresh Anti-Shine Cleanse, hydrate and mattify skin with this range. We love the Fresh Purifying Icy Foam (\$10.50), Purifying & Matifying Icy Toner (\$13.50) and All day-Hydrating & Matifying Icy Gel (\$20.90)



SUNSCREEN

L'Oreal Paris UV Perfect Matte SPF 30 (\$21.90) Made for oily skin, the mattifying broad-spectrum sunscreen feels comfortably light on skin. It also prevents UV-induced sebum production and is non-comedogenic.



MAKEUP

L'Oreal Paris Mattifying Minerals Powder Foundation (\$26.90) The fragrance- and preservative-free mineral powder foundation gives skin a matte, flawless finish. Great for sensitive skin.

