

## Types of Products for Oily Skin and What They Do

People with skin problems tend to realize that there are all sorts of different products on the market made for all different skin types and issues. Lotions meant to firm skin, make wrinkles disappear, help dry skin, even out skin tone, and slow down oily skin.

Even within the different categories you may find yourself faced with dozens of products that you are not sure about. What are they for? What are they supposed to do to your skin? To your pores? To your face in general?

There are several main categories you should be looking into in case you have oily skin. Each product in the category may be slightly different in its strength, physical appearance, and other properties, but as long as you have a better idea of what you want to look for, you should feel more confident in knowing what to buy.

**Cleanser.** This is obvious. Most people, with or without oily skin, look into finding the right cleanser. In the case of oily skin, you will want your cleanser to be oil free and strong enough to help remove oil, but not so strong as to completely erase it.

Cleansers are better than most bar soaps because they are specially formulated for facial skin and do not have some of the ingredients bar soaps have that can lead to clogged pores or worse acne due to stronger PH levels.

If you have a cleanser that can be easily washed away with just water and without the use of a washcloth, you are helping give your face an edge over acne, as washcloths can be a place for bacteria to grow.

**Toner.** These products are meant to be put on the face after cleansing. Toners can help remove any excess cleanser left on your face as well as dirt, makeup, and of course, oil.

Depending upon which type of toner you decide to buy, you can apply toners with damp cotton, as a spray, or by use of a tonic gauze mask. There are also different types of toners based upon their alcohol content. You can find skin bracers or fresheners which have a 0 to 10% alcohol content, skin tonics with 10 to 20% alcohol content, and astringents with 20 to 60%. As a sufferer of oily skin, you may want the latter.

**Astringent.** Some people skip toners or are not familiar with toners altogether and move straight to astringents, which are actually a type of toner. Astringents are the strongest form of toner, as you can see above with the 20 to 60% alcohol content, and also contain antiseptic ingredients, water, and some ingredients that are humecants.

Astringents help to dry out the skin and close pores, but if your astringent is too strong, your skin may try to make up for the oil lost and produce more. A good idea when using astringents is to use as spot treatments for specific areas of your skin that are particularly oily as opposed to wiping it all over your skin.

**Mattifier.** These products are becoming more widespread and have been growing in popularity. Mattifiers often come in the form of liquids, but are not moisturizers. Instead, they are meant to help control the shine oil can bring to a face.

By putting a mattifier on, you are creating a matt look to your face so you can go throughout the day without worrying about your face appearing greasy. Some mattifiers can be put on directly over makeup, and they do not contain any ingredients that will induce your skin to look or become oilier the way a moisturizer might.

**Blotters.** For extra oil control, you can carry around oil absorbing tissues or blotters. These are specifically made materials that are meant to soak up extra facial oil that can be used at any time.

These make for fast and easy oil removal when you are on the move and are not in a position to give your face a quick rinse.

Compiling the right products for yourself can significantly reduce your oily skin problem. Now that you know what products to look for, you have already taken the first few steps to winning the battle against oily skin.

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