



SENSITIVE SKIN

CHARACTERISTICS

Appearance

- Redness
- Rashes

Texture

- Uneven texture
- Itchy areas

Secretion

- Compromised skin barrier

CAUSES

Intrinsic

- Genetic predisposition
- Inflammation

Extrinsic

- Sun exposure
- Impaired acid mantle
- Weather extremes
- Pollution and toxins



PIGMENTED SKIN

CHARACTERISTICS

Appearance

- Uneven skin tone

Texture

- Normal texture

Secretion

- Normal secretion

CAUSES

Intrinsic

Extrinsic

- Hormonal changes
- Genetic predisposition

- Sun exposure



BLEMISH PRONE SKIN

CHARACTERISTICS

<i>Appearance</i>	<ul style="list-style-type: none">• Shallow appearance
<i>Texture</i>	<ul style="list-style-type: none">• Uneven texture• Hyper keratinization
<i>Secretion</i>	<ul style="list-style-type: none">• Excess sebum

CAUSES

<i>Intrinsic</i>	<i>Extrinsic</i>
<ul style="list-style-type: none">• Genetic predisposition• Hormonal changes• Stress	<ul style="list-style-type: none">• Diet• Physical factors like touching, squeezing or picking• Environmental factors



DEHYDRATED SKIN

CHARACTERISTICS

<i>Appearance</i>	<ul style="list-style-type: none">• Fine cracks• Flaking
<i>Texture</i>	<ul style="list-style-type: none">• Rough texture• Dryness
<i>Secretion</i>	<ul style="list-style-type: none">• Low levels of oil• Decreased moisture

CAUSES

<i>Intrinsic</i>	<i>Extrinsic</i>
<ul style="list-style-type: none">• Natural process of aging	<ul style="list-style-type: none">• Sun exposure• Lack of essential fatty acids and water• Certain medications• Excessive alcohol• Weather extremes



AGING SKIN

CHARACTERISTICS

<i>Appearance</i>	<ul style="list-style-type: none">• Sun damage
<i>Texture</i>	<ul style="list-style-type: none">• Thinning texture• Laxity• Wrinkles and fine lines
<i>Secretion</i>	<ul style="list-style-type: none">• Decreased moisture

CAUSES

<i>Intrinsic</i>	<i>Extrinsic</i>
<ul style="list-style-type: none">• Natural process of aging	<ul style="list-style-type: none">• Sun exposure• Smoking• Pollution and toxins

FITZPATRICK SKIN SCALE

	1	2	3	4	5	6
SUNBURN	● ● ● ●	● ●	●	—	—	—
TAN	—	●	● ●	● ● ●	● ● ● ●	● ● ● ●
EYE COLOUR	light	light	darker	darker	dark	dark
SKIN COLOUR	very pale	pale	not so pale	olive	brown	very dark
HAIR COLOUR	red/blonde	blonde	light brown	dark	dark	dark

- 1 Very pale skin that always burns, but never tans.
- 2 Pale skin that usually burns, but tans with difficulty.
- 3 Not so pale, darker skin that sometimes burns slightly, but has an average tan.
- 4 Olive skin that rarely burns, but tans with ease.
- 5 Brown skin that does not burn, but tans.
- 6 Very dark skin that never burns, but tans.