



## Federmal™ - Basic Care for Different Skin Types

It's important to notice what type of skin we have, whether it's oily, dry, sensitive etc. as this will help us to treat our skin accordingly and choose the proper products and give our skin what it needs to thrive. This section will help us understand the condition of our skin and how to treat it. Skin can be dry from a lack of oil and dehydrated from a lack of moisture. Even oily skin can be dehydrated if it lacks the ability to hold moisture. Awareness of what is going on with our skin will definitely help with the proper treatment and routine care.

### Basic Care For Normal Skin

Normal skin is considered to have good hydration, texture, muscle tone, small pores and a balance between oil and lack of oil. This is exactly what the routine will strive to maintain.

- Cleanse and exfoliate with your Enzyme cleanser, massage as you cleanse as it helps to bring circulation and oxygen to the skin as well as to stimulate the oil glands to continue to produce oil.
- Tone is optional. Use a toner that does not contain alcohol or any other drying ingredients.
- Mask 2 times a week with a mask that is moisturizing, stimulating, exfoliating.
- Moisturize with light not heavy products.
- Protect with sun block in the day.

## Basic Care For Oily Skin

Oily skin is usually thicker in texture with large pores, shiny with possible blackheads, whiteheads or acne. We would use ingredients that would help to correct the extra oil and break out.

- Cleanse and exfoliate with enzyme cleanser, avoid too much massage as it stimulates the oil glands. Use of a gentle scrub 2-3 days a week.
- Toner to control oil, without alcohol is optional.
- Mask 2 times a week with a mask that is clay based to help absorb oil.
- If there is break out, use of a product with salicylic acid will help to keep the pores clean and open.
- Moisturize with a water based lotion (not a heavy cream), or a lotion that helps to absorb excess oil.
- Use a sun block.

## Basic Care For Combination Skin

This person has two different types of skin. The T zone (forehead, nose and chin) have excess oil due to the larger pores. The other areas have smaller pores with possible dry patches. If the two areas are quite different then treat them each separately. Use of a cream moisturizer at night may help to even out the difference over time.

- Cleanse and exfoliate with enzyme cleanser.
- Tone is optional, with non alcohol toner for combination skin.
- Mask 2 -3 times a week with mask for combination skin, this will help to normalize the skin sooner.
- Moisturize with light water based lotion during the day and water based cream at night. If the t zone is very oily, use a lotion that absorbs oil.
- Sun block.

## Basic Care For Dry Skin

Dry skin is characterized by a thin texture, small pores, visible dryness or flakiness, fine lines and poor skin tone. Our goal is to keep the skin hydrated.

- Cleanse and exfoliate with enzyme cleanser, massage to stimulate the oil glands.
- Tone is optional, with toner for dry skin.
- Mask with a mask for dry skin.
- Use of serums that contain Vitamin C, Glycolic Acid.
- Moisturize with a product with hydrator ingredients that hold moisture all day and night long.  
Water based lotion.
- Sun block.

## Basic Care For Sensitive Skin

Sensitive skin is characterized by thin delicate skin, blotchy areas, may have broken capillaries, itching or flakiness. Skin can be easily irritated by touch, heat or products and fragrances. The goal is to maintain good hydration calm, reduce inflammation and nourish with nutrients.

- Cleanse and exfoliate with enzyme cleanser. Refrain from massaging in the cleanser as it may be too stimulating for thin skin.
- Tone is optional with toner for sensitive skin.
- Mask 2-3 times a week with hydrating mask for sensitive skin.
- Use of Vitamin C serum for hydrating and treating sensitive areas and strengthening capillaries.
- Moisturize with water based lotion with hydrators, antioxidants, minerals and vitamins.
- Sun block.