

Make-Up Tips For Oily Skin

Oily skin comes with a lot of additional problems such as melting make-up, greasiness of the face and acne inflammations and breakouts. Excessive oil on the face wrecks havoc on the skin quality and can ruin your complexion.

Reasons for Oily Skin

Oily skin is a result of excessive production of sebum by the sebaceous glands. When the sebum particles get accumulated on the skin, the face appears shiny and oily. This causes the build up of oil within the skin pores that combine with bacteria and dead skin cells and lead to acne breakouts and inflammations.

The stimulation of sebaceous glands depends upon a number of factors like hormonal fluctuations, genetic factors and over-use of make-up and cosmetics that contain harsh ingredients.

Pre Make-Up Preparation

Before you reach for make-up kit, take some time to prepare your oily skin so that it is fresh and clean. This makes your make-up look better and stay longer on your face.

Cleansing

Oily skin needs a strong cleanser or face-wash to control the excessive greasiness of the face. However, make sure the cleanser is not too harsh that it strips off the natural oils of the skin. This is because when the skin loses its natural moisture, it produces more oil to compensate for the depletion, thus promoting the oiliness. Also, avoid thick creamy cleansers that leave residues on your skin that makes the skin look oily and greasy.

Choose a gel cleanser or face-wash that gently removes all impurities like dirt, oil particles and make-up residues from within the skin pores. Rinse your face with cold water after the cleansing ritual.

iS Clinical Cleansing Complex – It resurfaces the skin and gently cleans off all the impurities like dirt, debris, pollutants and excess oil particles. It is anti-acneic and thus controls acne on oily skin. It also contains antioxidants to fight free radicals.

Sun protection

Slather on a liberal amount of sunscreen on your face. Use a broad spectrum sunscreen that protects against the UVA as well as the UVB rays of the sun that are responsible for damaging the skin cells, promoting premature aging and even causing skin cancer. Avoid thick creamy sunscreens that make your skin oilier and end up clogging the skin pores.

Use a lightweight oil-free and non comedogenic sunscreen that protects the skin against any sun damage.

iS Clinical SPF 20 Powder Sunscreen – It is a one of its kind powder sunscreen that contains physical UV blockers comprising of 25% titanium dioxide and 20% zinc oxide. This special nanotechnology formulation provides broad spectrum sun protection against the UVA and UVB rays of the sun.

Make-Up Tips

Foundation

Use an oil free liquid foundation that provides a natural looking coverage to your face. Apply thin layers of the foundation on your face with brushes or sponges. Avoid using your fingers because natural oils and bacteria may get transferred on your skin. Also, make sure you wash your brushes and sponges regularly to keep them clean and free of bacteria.

You can also use powder foundations. It gives medium coverage and helps your skin pores appear smaller. Apply it with a make-up brush or powder puff.

Blush

Use powder blushers instead of creamy ones that make the skin look oilier. Powder blushers are denser and stay longer on the face as compared to creamier ones. Apply the blusher on the temples of your cheeks with a blush brush. Make sure you tap off excess product from the brush before you apply it on your face.

Eye Make-Up

One of the most common problems faced by women with oily skin is that eye make-up smudges away very quickly and leaves the eyes looking almost dirty.

Before applying your eye make-up, dab on a little powder or foundation on your eyelids. This helps eye shadows stay longer and appear better on the eyes. Also, use powdered eye shadows rather than creamy ones that smear easily. You can also look for waterproof make-up that has an intrinsic ability to stay longer on the skin.

Lip Care

Lips seldom have a problem with oily skin. This is because they don't have oil glands that secrete sebum. Hence you can safely use matte shades or shiny glosses.

About the Author

Dr. Marilyn Syrett is a skin care professional who graduated from Western University of Health Sciences. She has developed a keen interest in the study of [anti-aging skin care products](#) and their effectiveness on various skin types like [oily skin](#), dry skin, sensitive skin and combination skin.

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