

## How Do I Determine My Skin Type?

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Each of us has a particular skin type. Your skin may be normal, dry, oily, excessively oily or a combination of the these. There are five basic skin types, each determined by heredity and your environment. Extrinsic factors such as sunlight, wind, air pollution, diet, and stress make a huge impact on the look and feel of your skin. Heredity is the passing on of physical characteristics from one generation to another. Your skin type also depends on factors such as the amount of water in your skin, affecting comfort and elasticity, how much oil is in your skin, affecting softness and the sensitivity of your skin. Before selecting the L'BRI PURE n' NATURAL products that are best for you, determine your skin type. Which of the following best describes your skin?

**Normal Skin** - Normal skin is the goal of every skin care program. Normal skin has few, if any, imperfections, no severe sensitivities, small, barely visible pores, is not too oily or dry with few, if any, blemishes. Normal skin appears moist, plump, and dewy. The skin is of medium thickness and even in tone. Normal skin is soft, smooth, and firm with good elasticity.

*Key Description: Balanced.*

- For normal skin, order the L'BRI Gentle Skin Care Trio.
- Exfoliate twice weekly with L'BRI Rejuvenating Facial Peel or Exfoliating Face & Body Scrub.

**Dry Skin** - Dry skin feels tight and may exhibit visible flaking. Often delicate and easily irritated, dry skin may be sensitive to cold weather. Dry skin may have a matte finish, lack sheen and may be rough to the touch. The appearance of dry skin may be due to a superficial dry condition caused by exposure to harsh weather, sun, salty sea air or environmental pollutants. Superficial dry conditions can be aggravated by using soap as a cleanser or by failing to apply a protective moisturizer. Certain skin diseases such as eczema, mild psoriasis, or atopic dermatitis can be mistaken for dry skin.

*Key Description: Underactive.*

- For dry skin, order the L'BRI Gentle Skin Care Trio.
- For extremely dry skin, order the L'BRI Extra Dry Skin Care Trio.
- Exfoliate with Rejuvenating Facial Peel

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**Combination Skin** - Combination skin exhibits two or more skin type characteristics on various parts of the face. The forehead, nose and chin (known as the T-Zone) may be oily, with or without blemishes, while the cheeks and around the eyes are normal to dry.

*Key Description: Asymmetric.*

- For combination skin without blemishes order the Combination Skin Trio, which consists of the Deep Pore Cleanser, Gentle Freshener, and Gentle Moisture Lotion.
- For combination skin with sporadic, but consistent blemish break-outs order the L'BRI Deep Pore Trio.
- Treat and heal blemishes and control oil with the Clay Refining Masque
- Exfoliate with Rejuvenating Facial Peel. The Exfoliating Face & Body Scrub is not recommended for blemished skin.

**Oily Skin** - Oily skin exhibits a shiny appearance and is usually thicker, firmer, and less sensitive to the touch than the other types. The pores, visibly more noticeable, are medium to large in size. Individuals with Oily Skin tend to experience recurring clogged pores, blackheads, whiteheads, and other blemishes.

*Key Description: Overactive.*

- For oily skin with no break-outs, order the L'BRI Deep Pore Skin Care Trio.
- Exfoliate with Rejuvenating Facial Peel. Exfoliating Face & Body Scrub is not recommended for blemished skin.
- For oily skin with break-outs, order the L'BRI Oily Blemished Trio + KlearAway
- For additional blemish and oil control, we recommend L'BRI Clay Refining Masque

**Excessively Oily and/or Blemish-Prone Skin** – Excessively oily skin has many of the same traits as oily skin, but is characterized by excessive amounts of oil visible soon after cleansing, making it appear greasy or shiny. Many with excessively oily skin have to blot their skin several times throughout the day. Both oily and excessively oily skin can be affected by hormone levels as well as heredity.

*Key Description: Extremely overactive*

- For skin that is excessively oily with blemishes or acne, order the L'BRI Oil Control Trio + KlearAway & Masque. KlearAway is specially formulated with blemish fighting ingredients to prevent new blemishes from occurring while speeding the healing of existing blemishes. Clay Refining Masque is formulated with two types of clay to speed healing and absorb excess oil.
- Exfoliate with Rejuvenating Facial Peel. The Exfoliating Face & Body Scrub is not recommended for blemished skin.