

Beauty and Appearance

Oily/Problem Skin

Oily and/or problem skin affects millions of people worldwide. It presents a challenge because it's the result of genetically determined hormonal changes in your body, and you simply cannot control hormones topically. The hormones responsible for oily skin are called androgens and they are present in both men and women.

While healthy oil production is beneficial for your skin, it is a problem when too much oil is produced. An excess of oil production leads to larger pores and a thickening of the pore lining that can result in blackheads and pimples.

Not all oily skin becomes acneic skin, however the two are often present together. Acne, called acne vulgaris, is a long-term skin disease that occurs when hair follicles become clogged with dead skin cells and oil from the skin.

Typical features of acne include:

- seborrhea (increased oil secretion)
- microcomedones
- comedones
- papules
- pustules
- nodules (large papules)
- scarring

The appearance of acne varies with skin color. Hereditary factors are thought to be involved in about 80% of the cases.

Caring for Oily/Problem Skin

The right home care protocol is very important to balancing oily and/or problem skin. It must be treated gently, not using harsh products or overly active products which will make the problem worse over time.

NeoGenesis for Oily/Problem Skin Protocol; twice daily

- 1) Gently cleanse the skin with the NeoGenesis Cleanser
- 2) Apply 4 to 6 drops of NeoGenesis Recovery serum to the face and neck, including the eye area

- 3) If hydration is needed, NeoGenesis Skin Serum after Recovery adds nutrients and light, non-comedic moisture to the skin
- 4) NeoGenesis Light Moisturizer or Barrier Renewal Cream are acne safe if needed
- 5) Always wear a chemical free sunscreen during the day. Mineral powder sunscreens can be beneficial for oily/problem skin types.