



## Oily Skin

### **Oily skin defined:**

Oily skin occurs when excessive oils are being secreted from the oil glands within our pores. The skin chronically looks wet and greasy, it can feel thick and coarse, it can be sensitive and possibly inflamed, irritated or rough and aggravated due to harsh products designed to dry out the oiliness. Congested pores can become infected and spread creating more pimples. Treatment for oily skin requires patience. Most of the oil production is due to an internal problem and can be relieved through proper diet, reducing stress and taking supplements. There is very little that can be done externally since such products just temporarily just dry it out possibly causing flaking and scaling. The oil glands (sebaceous glands) are actually regulated by hormones and any condition that causes a hormonal imbalance will create constant issues with excess sebum (oils). Skincare products and cosmetics that repair the barrier function and are non-comedogenic (meaning it will not clog the pores) are advisable. Sometimes, it's just best to see a dermatologist if you see no changes and the problem continues even after you have changed your diet, taken supplements and used proper skin care products for your skin type. Your skin may require medication in order to see results. I don't always recommend this first but as a last resort. Medications have side effects and a more natural approach is always best.

I have written this guideline to help you make wise choices and perhaps you will find some relief and perhaps balance your skin. Wouldn't that be wonderful? It takes patience on your part and the willingness to understand that your skin is the largest organ in your body. The body heals itself and your skin is ever changing in response to what's going on internally and externally. If you learn to read the signs your skin is giving to you and you treat it accordingly, then your skin will respond.

Below I have written a comprehensive list including the causes both internal and external, your skin type objective, a list of ingredients found in skincare products that benefit oily skin and a recommended skin care regimen for both mornings and evenings including weekly treatments. I will suggest certain products at the end of this guide that I am familiar with and know to have helped my clients. There are so many wonderful skincare lines out there but I always suggest getting them from a spa or dermatologist. You don't have to be a patient or a client... as a consumer you can just walk in and purchase items based on my recommendations and save yourself some money, unless they offer you a free skincare consultation and you trust their judgement. The key here is to use those products correctly along with my guideline for product usage. Seek natural or organic products containing marine or botanical ingredients using quality essential oils. Look for products free of Parabens. Parabens is a topic of it's own and highly controversial. Do your own research on these preservatives and form your own opinion. Parabens were designed to prevent bacteria from forming within the product for longer shelf life but the concern is that Parabens are harmful to your health. Parabens contains estrogen that could increase estrogen in your body resulting in possible breast cancer. It may also be responsible for skin irritations and many companies have stopped using Parabens altogether and now using other more natural ingredients to prevent the growth of bacteria within the product.

**VERY IMPORTANT:** If your skin is currently red and irritated, the best thing you can do is to stop all your current products, go to your local pharmacy and purchase both Cetaphil® Gentle Skin Cleanser and Cetaphil® DailyAdvance™ Ultra Hydrating Lotion. The hydrating lotion contains no oils and is beneficial

to help calm and soothe the irritation. Use these products for a couple of weeks until your skin improves, then start on a gentle skincare approach using products from a quality and reputable skincare line. Keep these Cetaphil products available and use them during periods of extreme sensitivities when your face is inflamed (red, irritated perhaps itching) otherwise continue usage of the new skincare products and be patient. The skin takes approximately a month to respond to a new routine either internal or external. Many changes will occur during that period and perhaps things may become worse before they improve. The reason being... skin cells are produced in the basal layers and take approximately 28 days to come to the surface. Changes are going to accelerate healing and whatever was coming up to the surface will still come up but within a month or more you should see positive results.

## **Characteristics of Oily Skin**

### **External:**

Excessive oiliness due to chemicals that dry the skin.

Excessive oiliness due to mechanical stimulation (brushing, scrubbing, sponges, friction)

Symptomatic response due to hormonal imbalance, PMS, medications, oral contraceptives

Predisposition to blackheads, whiteheads, pustules, nodules, comedones or cystic acne

Oily skin can be genetic (hereditary)

Oily skin due to neglect, not cleansing or using the wrong products for your skin type

Oily skin due to insufficient water intake and poor diet

Oily skin can be the result of using comedogenic products that clog the pores

Oily skin can result from too much heat or humidity causing excess perspiration

Oily skin can result from too much stress

Oily skin can be aggravated and become irritated easily (redness, rash, hives)

Oily skin does not age as quickly because of the skin's ability to retain moisture and oils

Oily skin can result from overuse of acne treatments, hydrogen peroxide, retinol products, benzoyl peroxide and astringents that contain drying agents such as alcohol

### **Internal:**

Reactions to stress resulting in excessive oil production within the sebaceous glands

Easily affected by systemic problems, excess acid, indigestion, IBS

Hormonal imbalances resulting from PMS, menopause and even pregnancy can result in oily skin

Hormonal imbalances in men are not uncommon as well, excess testosterone

Poor diet from excess consumption of junk foods, fried foods, too much meat, excess dairy, caffeine, chocolate, sodas and foods containing sugars can change the Ph level of our skin towards being more acidic and result in skin related problems from oily skin, congestion and possible acne. See more on \*Diet below. Oily skin is more than likely a reaction to internal issues within the body.

### **External Objective: To get products specific for balancing oily skin**

We can make some improvements externally to aid in the balance and repair of oily skin. By providing a protective layer that may have specific ingredients, oil production can be regulated within the pores. Specific natural ingredients that are designed for oily skin. Please beware that some natural ingredients are derived of plants, such as ragweeds, which may promote allergic reactions. It's always a good idea to test products by asking for samples and applying to the inner arm 24 hours prior to application. If you develop a reaction, then return the product and try others. Check for sudden redness, itching, hives or rash that are not consistent with your existing skin problem. It is important to stay away from any synthetic or oil based ingredients. Lean more towards natural ingredients and mild astringents using ingredients such as lemon oil, lime oil and eucalyptus oil. These type of oils are distilled from the fruits themselves and have been known to balance the skin.

## **Some key ingredients found in products that benefit oily skin:**

Deionized water: (Aqua)

Pure deionized water is theoretically up to 1000 times more soluble than common tap water.

Alpha beta hydroxy acid complex (AHA)

Derived from citric acid (citrus fruit), lactic acid (fermented vegetables), malic acid (apples and cherries); exfoliates, refines and clears skin. Overuse of AHA products can aggravate and lead to irritation. Not advisable for sensitive skin types.

Aloe Barbadosensis Leaf Extract: (Aloe Vera)

The healing properties of aloe vera come from the 18 amino acids it contains. It is an anti-inflammatory and antioxidant along with restoration qualities. It is used to heal skin that has been damaged. A common usage is to soothe, calm and heal sunburned skin. Aloe vera can also be made into juices, gels, powders and is often added to products. Aloe vera can be found in cosmetics, shampoos, lotions and many other common household products. It is also a great skin moisturizer that helps to keep skin supple by bringing oxygen to the cells, and therefore increasing the synthesis and strength of skin tissue.

Bergamot oil: (Cirtus bergamia)

Derived from the rind of the fruit; balancing, relaxing and anti-bacterial.

Glycolic acid:

Derived from natural sugars; a form of alpha-hydroxy acid, helps to exfoliate dull skin cells. Overuse of this ingredient can aggravate and lead to irritation. Not advisable for sensitive skin types.

Saccharum officinarum (sugar cane) juice

Derived from sugar cane; contains glycolic acid a naturally occurring alpha hydroxyl acid, gentle exfoliant and antioxidant.

Tea tree oil: (Melaleuca alternifolia)

Derived from the leaf; aromatic essential oil, anti-fungal, anti-bacterial and expectorant. Tea Tree oil is a common ingredient in most of the skin care products as it nourishes and moisturizes the skin and is proven to help prevent and treat acne. Tea tree oil is especially beneficial for oily skin as it helps control shine and blemishes and has antibacterial properties

Mananalis virginiana: (witch hazel) extract

Derived from leaves; astringent, anti-inflammatory, soothes, and heals. Found in toners that clarify. Preferably better than too much alcohol as it has healing properties.

Grape seed oil: (Vitis vinifera)

Derived from grape seeds; anti-oxidant and rich in phenols. seed oil - the grape seed oil has strong hydrating effect and is used primary as massage oil and a main ingredient in anti-aging creams and serums. The grape seed oil not only moisturizes the skin, but it also tightens and tones the skin. The oil is often a main ingredient in matifying products and anti-aging creams as it restores elasticity of the skin and nourishes it deeply. Due to its high linolic acid content it nourishes and moisturizes the skin deeply.

Grapefruit: (Citrus paradisi)

Derived from the rind of the grapefruit; astringent, clarifying and uplifting.

Grapefruit (seed) extract (Citrus grandis)

Derived from grapefruit seeds; slightly anti-bacterial and cleansing.

Green tea: (*Camellia sinensis*)

Derived from the plant leaf; antioxidant, protects from free-radical damage, anti-inflammatory, repairs and strengthens.

*Hamamelis virginiana* (witch hazel) extract

Derived from bark and leaves; astringent, anti-inflammatory, soothes, and heals.

Myrrh: (*Commiphora myrrha*)

Derived from tree resin; anti-inflammatory, healing and antiseptic.

*Mentha piperita* (peppermint) leaf extract and oil extract

Derived from the herb; refreshes, clarifies and cleanses. A natural anti-inflammatory.

Montmorillonite: (green clay)

Natural, grey or green, montmorillonite clay; provides thickness and texture to the formulation, absorbs excess oils and impurities. Found in clay masks that harden and are meant to clean out the pores.

*Symphytum Officinale* Leaf Extract: (Comfrey)

Comfrey, having an ancient reputation of a wound-healer, is an effective remedy for a great variety of conditions. It is a powerful antibacterial and antifungal treatment, helps in reducing swelling and inflammation, relieves pain, shrinks blood vessels, stimulates the blood clotting and cell growth, expedites the healing process.

*Chamomilla Recutita* (*Matricaria*) Extract (Chamomile)

Chamomile has carminative (promotes digestion and peristalsis), emollient (softens and soothes the skin), healing, tonic, antioxidant and anti-inflammatory properties and is one of the most widely used botanicals in the world. It contains phenolic derivatives, which have antiseptic and healing qualities, azulene, which helps in reducing puffiness and cleans the clogged pores of the skin, alpha-diabolol, which provides tissue regeneration. Flavonoids and lipophilic compounds help reducing fragility of capillaries, thus strengthening the skin.

Lactic acid

Derived from fermented vegetables; exfoliates, refines and clears skin. Overuse of this ingredient can aggravate and lead to irritation. Not advisable for sensitive skin types.

*Lavandula officinalis* (lavender) flower extract

Derived from the flower; antiseptic, cleanses, balances, soothes and heals.

Lemon extract or lemon peel: (*Citrus limonum*)

Derived from the rind of the lemon; refreshing, anti-bacterial, clarifies and cleanses

Licorice extract: (*Glycyrrhiza glabra*)

Derived from the root; used for its natural anti-inflammatory properties, brightening and clarifying.

Malic acid:

Derived from apples and cherries; exfoliates, refines and clears skin. Overuse of this ingredient can aggravate and lead to irritation. Not advisable for sensitive skin types.

Sage extract: (*Salvia officinalis*)

Derived from the sage plant; astringent, cleansing and antiseptic.

Salicylic acid: Beta hydroxy (BHA)

Derived from the bark of the willow tree; gentle exfoliation and deep cleansing. If you are pregnant, ask your doctor about the percentage that is safe. Generally 5% is safe and anything over that should be avoided since it is a derivative of aspirin and thins the blood.

Thyme extract: (Thymus vulgaris)

Derived from the flowering tops of the wild thyme herb; cleansing and antiseptic properties.

Zinc Oxide - a natural mineral that is used to protect, soothe and heal the skin. Zinc oxide is one of the most common ingredients in products treating oily and combination skin due to its unbelievable properties. It is proven that the zinc oxide has anti-inflammatory and antibacterial properties. Zinc is known to support increased collages "turnover" and promote cell division. It could be very beneficial for those with oily skin as it controls the excess sebum /oil/ production and eliminates shine. Zinc oxide is used not only in the skincare products but also in the mineral makeup products especially foundations and face powders.

Cinnamon, thyme & sage also are ingredients that are clarifying.

## **The following explains the process of a good skincare regimen:**

### **The Cleanser:**

Proper skincare is essential starting with a good cleanser specific for oily skin. Washing twice a day is essential to balance oily skin. Oily skin cleansers are usually foamy in consistency. Do not use anything that comes in a bar soap because it will leave a film on your face and possibly cause more congestion. Always use gentle circular motions for about a minute or two to allow the cleanser to lift dirt and makeup. Use your fingertips and never a sponge or washcloth to avoid spreading bacteria and irritate the skin. Be sure to rinse completely with cool or tepid water.

### **Toner:**

Some skincare lines have specific toners for each skin condition. Some cleansers do not require a toner because they already contain ingredients that restore the proper pH level to the skin. Find a toner which contains witch hazel, aloe vera and perhaps rose water in lieu of alcohol is less drying and it will help balance your skin type. The whole idea with a toner is to remove excess cleanser, dirt and makeup while restoring the pH balance to the skin and preparing the skin for moisturizer. Apply gently by wiping once over the face with a cotton round. Apply quickly and do not let it evaporate, put your next product on immediately after to retain moisture on the skin.

**Serum:** (an active product containing specific ingredients used as a daily treatment for specific skin conditions) A serum containing oil-free active ingredients that help to matify, balance and reduce oiliness is recommended.

It should contain ingredients specific for restoring balance and repairing the skin from within. Think of the whole skincare process as layering clothing to protect against the harsh environment. You are essentially doing the same for your skin. It is not totally necessary to use a serum but it will boost the effects your moisturizer is trying to achieve. Apply to clean skin immediately after cleansing or toning. Usually serums come in pumps or small bottles with droppers. Use one or two drops or pumps and smooth with fingertips over entire face avoiding the eye area. Do not let evaporate, apply your moisturizer as quickly as possible.

## **Moisturizer:**

The moisturizer plays an important part in your skincare regimen and should be applied twice daily. The moisturizer delivers key ingredients that help to retain and seal in hydration along with ingredients to help repair the moisture barrier within the layers of your skin. There are moisturizers specific for daytime and some specific for night which may contain ingredients that help to repair, absorb oils and matify oily skin. Apply a light layer over entire face, neck and decollete. Your face should not feel dry after application, otherwise it is not sufficient for your skin and perhaps you should consider one that has humectants to help hydrate without adding oils. I would not purchase a daily moisturizer that contains SPF. I feel the level of ingredients in a moisturizer are compromised when you have to combine ingredients for your SPF as well. Your best solution is to purchase a separate oil-free SPF to apply over your daily moisturizer. Once again layering to protect your skin.

## **Eye Treatment (Preferably a gel):**

You are never too young to use an eye gel. Find an eye gel that is specific for hydrating and protecting the delicate skin around your eyes. A good eye treatment is essential twice daily to protect the sensitive skin around the eyes and to prevent fine lines and wrinkles from forming or becoming deeper. Some ingredients can aid with puffy eyes and dark circles. Look for key ingredients that hydrate but is oil free. Do not use your moisturizer around the eye area. The molecules are too large and as a result your skin under the eyes could start to sag.

## **Solar Defense:**

SPF (Sun Protection Factor) contains ingredients that protect your skin from the harmful ultra violet rays that can induce redness, sunburn, dryness, promote wrinkles, hyper-pigmentation, sunspots, age spots and certainly can cause skin cancer. A broad spectrum sunblock is necessary for all skin types. Find one that is specific for oily skin that is oil-free and contains SPF 30 or higher. There is a difference between a sunscreen and a sunblock. Think of it as the difference from a screen door and a solid door. Use your solar protection daily even on cloudy days. UVA and UVB rays penetrate clouds and can still cause damage. Start by applying a nickel size amount in your hands and rub them together. This helps to emulsify the ingredients. Continue to rub your hands together until it turns from white to opaque... then it's ready to be applied to your face. Apply it over your entire face, neck and decollete. You should reapply after working out, swimming, skiing, boating and spending time outdoors. I recommend wearing a broad rimmed hat and large sunglasses to protect your upper cheeks and eye area if you are going to be in the sun.

## **Treatments:**

**Oily skin should take caution and avoid excessive peels, microdermabrasion or laser treatments as it could result in irritation and increased oiliness.**

## **Exfoliants:**

**Scrubs:** Our cells develop at the basal layer and slowly make themselves to the surface of the skin where they die and slough off. This is called the cell renewal rate and usually takes 28 to 32 days depending on age. In order for your skin to remain smooth and refined, it is sometimes necessary to aid the dead skin cells by lightly scrubbing with a gentle scrub at the most, once a week, preferably twice a month for extremely sensitive skin. A granular exfoliant that contains grape seed extract or even volcanic pumice is acceptable. I would avoid rubbing it in with a rough textured washcloth or sponge. Your fingers are your best tools. Do not exfoliate on a daily basis or it will just irritate the skin causing redness, broken blood vessels, flaking, scaling, thinning of the skin and most definitely will product production of more oils. If you have tolerable skin that is dehydrated and does not irritate easily you may use a grittier scrub such

as a fine volcanic pumice. Be particularly careful not to scrub under the eyelids or repeatedly over the cheeks. If you have any irritations or pimples with pus (indicating bacteria) it would perhaps be best to avoid a scrub altogether. Apply in light circular motions using your fingertips and be sure to rinse well with tepid water. I would recommend an oil-free hydrating or soothing gel mask containing aloe vera after the scrub to help nourish and soothe the skin.

**Enzymes:** usually a mixture of fruit extracts such as:

Papaya (papain) Derived from the papaya fruit; enzyme with exfoliating properties.

Pumpkin (Cucurbita Pepo) (pumpkin) extract. Derived from the seeds; reduces irritation.

Pineapple (Bromelain): Ananas sativus. Derived from pineapple, bromelain is an anti-inflammatory that exfoliates and firms the skin.combined with other ingredients in the form of a light cream, which when applied, goes deep into the pores and loosens up dead skin cells and brings them to the surface. The results refine and smooth the skin.

These enzymes eat up protein, which is what our skin cells are made up of. Pumpkin enzymes are the least irritating for sensitive skin types but a mild combination can be very effective without irritation. I would ask for samples prior to purchase. This method of exfoliation is much more gentle than a scrub for skin that irritates easily. You can safely do a hydrating enzyme treatment every other week.

### **Masks (Masques):**

A weekly clay mask aids to draw out impurities and unclog pores. Masks specific for oily skin are normally thick and chalky in consistency and may be either grey, white or blue. Apply over entire face avoiding the eye area. Use a fan brush to apply or your fingertips. It should be a light frosting and not too heavy. The best time to apply a mask is in the evening when you are rested, reading or watching TV. Leave the mask on for about 20 or 30 min. Do not apply a mask that contains oils or is meant to moisturize your skin. A soothing gel mask containing aloe vera or azulene is wonderful to apply to irritated skin.

**Spot Treatments:** A spot treatment usually contains ingredients specific for drying out and accelerating the skin renewal rate. Usually after applying this product your pimple area will start to dry out, perhaps peel and flake. It should only be used on new pimples that are developing or forming. It can also be used on pus filled pimples. Sometimes spot treatments contain AHA's, Vitamin A (retinol) or benzoyl peroxide. Be sure to stop using the product once pimples have formed and are well onto healing. Never spread this product over large areas on the face because it will dry it out causing irritation, flaking and redness.

### **Diet:**

Your diet plays an important role in how it affects your skin. Water intake is essential as it helps to rid the body of toxins and also hydrates the body producing healthier and plumper cells. For Oily skin, add fresh lemon juice slices to your water. Even though it is an acidic fruit, once its in your system and goes through the liver process, it helps to balance the pH level increasing your alkalinity. Take your weight, divide by half and that's how many ounces of water you should drink in a day. Green tea is full of anti-oxidants and also a natural anti-inflammatory (great for skin and the body in whole) Eat more fresh fruits and vegetables. Beta carotene Pro-vitamin A: Derived from carrots, beta carotene aids in cell rejuvenation. It is also an antioxidant. Be sure to get a good supply of proteins from either poultry, fish, meats, legumes, nuts and beans. Cut back on whole wheats, dairy and sugar. Bacteria love these foods and actually multiply faster. Bacteria, such as found in pimples that have pus. (Pus is the bodies way of fighting bacteria) Whole grains are gluten free and multi grains and oats are a better source of gluten than flour or whole wheat. Fried foods, caffeine and soft drinks should be avoided as they increase circulation and stimulate hormones that effect the skin and cause congestion. Caffeine and sodas have a

diuretic effect, causing the body and skin cells to lose fluids and essential minerals that promote health cell reproduction. Stimulants increase blood flow and cause redness to the surface of the skin and can aggravate oily skin.

## **Supplements:**

Omega 3-6-9 (Total Essential Fatty Acids) has actually helped to combat oily skin. If you think about the fact that it hydrates from within promoting healthy cell production. Take your oils at night while you're in your resting phase. It will reduce burping up the oils, urinating them out so quickly and will allow for better absorption.

Vitamin B Complex: (Folic acid)

Derived from green vegetables; aids cell formation and is an emollient. Take your B's in the mornings because it increases energy but decreases stress.

Calcium ascorbate:

Vitamin C (ascorbic acid); powerful antioxidant that helps protect against damaging free radicals.

Coenzyme Q10 - CoQ10:

Derived from fermented vegetable; An essential antioxidant found in every living cell of your body, and the energy source for new cells and smooth, firm skin.

Vitamin D-3: Derived from lanolin (from trimmed sheep's wool); this essential nutrient promotes healing.

Vitamin E: (Tocopherol)

Derived from wheat germ and/or vegetable oils; heals, rejuvenates, softens, soothes and protects. Another oil best taken at night.

Vitamin P: (Riboflavin)

Derived from oranges and grapefruits preserve the structure of healthy capillaries.

## **Helpful tips for oily skin:**

It takes a good month for products to work because of the cell renewal rate. Be patient and if you are consistent, you should see results fairly quickly. If anything irritates your skin, take the product back and mix a small amount of 100% aloe vera gel to an equal amount of your moisturizer and apply to your face to help reduce irritation.

Chamomile tea bags, wet, frozen or cold in the fridge and applied to the cheeks can help to calm down redness and reduce puffy eyes. Keep a couple of large spoons in the freezer. When you give yourself a mask treatment, take the spoons and rub them slowly all over your face. This feels so good and helps to calm down redness.

Get lots of rest and reduce stress by exercising daily whether it be running, aerobic or just plain walking. Be sure to wipe your skin off after working out to remove sweat and excess oils with a witch hazel toner followed by your moisturizer. Make sure you protect your skin with SPF if it's daytime. The oxygen supplied to your major organs during exercise is beneficial to stimulating healthy cell production. Avoid stressful situations and take time to relax often. Take up meditation or yoga to relieve stress. Avoid extreme climates, hot or cold temperatures, wind, blow dryers and air conditioning vents blowing directly onto your face. Do not immerse in hot water or into a hot tub. Avoid sunbathing or tanning beds because it increases oiliness and could result in uneven tanning and hyperpigmented areas. Avoid squeezing, popping or picking at pimples. You can do damage and scar your skin. Allowing a pimple to heal on its

own will avoid scars or sores that could last months to heal. If your skin is still oily after trying all the suggestions listed, then see a dermatologist and they will prescribe something that could help. I would use this as a last resort because it's like putting a Bandaid over the problem. Your skin should normalize with a proper diet, less stress, supplements and a proper skin care regimen.

## **Cosmetics:**

Oily skin can benefit from using makeup that have minerals in it. Avoid creamy foundations which may be comedogenic and clog the pores. Mineral makeup have an extremely low allergy risk and are excellent for all skin types. They contain no skin irritating materials. They are also comedogenic, which means they will not block or clog pores. Mineral foundation powder is free of oils, waxes, silicone and is anti-inflammatory. They can assist in soothing and medicating irritated skin. The ingredients consist of inert and natural minerals that can not support bacteria and are preservative free. There is virtually no risk for people with skin allergies or skin sensitivity. It is important to wash your brushes once or twice a month with a anti-bacterial soap and allow them to dry on a towel laying sideways to prevent spreading bacteria over your face causing irritation and possible pimples. Mineral cosmetics that I recommend are Bare Escentuals AKA: I.d. Bare Minerals and Jane Iredale. I am familiar with these but I am sure there are other mineral makeup companies that are just as reputable. Again do your own research.

I have worked with several skincare lines. I have links on my website for these lines but most of these products can only be purchased through a dermatologist or skincare specialist such as an esthetician or a spa owner/retailer. As you go through the sites reading what they can offer you, bear in mind that you are seeking products as listed above by ingredients. You will want to check out products that balance oil production in the skin but do not leave you feeling dehydrated. Don't go off track and purchase something that promises less wrinkles when your dealing with oily skin. Take care of your immediate problem first, then after several months you can incorporate other products to target other issues. Below I have listed links to skincare lines that have complete systems targeted for oily skin.

Dermalogica: <http://www.dermalogica.com/us/products.html#/products/skin-concerns/oiliness>

Pavonia: <http://www.pevonia.co.uk/oily-skin-care-products.htm>

Aveda: plant based solutions for oily skin: [http://www.aveda.com/templates/products2/mpp.tmp?CATEGORY\\_ID=CATEGORY10976&BACK=%2ftemplates%2fproducts2%2fmpp.tmp%3fCATEGORY\\_ID%3dCATEGORY10889](http://www.aveda.com/templates/products2/mpp.tmp?CATEGORY_ID=CATEGORY10976&BACK=%2ftemplates%2fproducts2%2fmpp.tmp%3fCATEGORY_ID%3dCATEGORY10889)

MD Formulations: [http://store.bareescentuals.com/Oily/Type\\_Oily,default,sc.html](http://store.bareescentuals.com/Oily/Type_Oily,default,sc.html)

MD Forte: <http://www.mdforte.com/right003.aspx>

On my website, I have provided links for healthcare, cosmetics, skincare lines and other related issues. I hope you use these tools as a guideline. I am a licensed skincare specialist but not a dermatologist. If you continue to have problems with your skin and the above suggestions have either irritated your skin or you are not seeing results, than please consult your doctor.

Mia