

SKIN TYPE DEFINITIONS

MEDIK8 SKIN TYPE DEFINITIONS

Oily/ combination	Oily/ combination skin will have a shiny appearance and an oily feel to the skin. The pore size is usually increased. The combination of excess oil production and enlarged pores can lead to blackheads. The oiliness may be centralised on the face in the classic 'T-zone' area.
Acneic/ problem	Problem skin produces too much oil and has enlarged pores due to this. The pores become clogged with excess oil, dead skin cells and bacteria, which leads to blackheads and whiteheads. Blemishes can be small whiteheads, to large, sore lesions.
Normal	Normal skin is usually clear in complexion with minimal blemishes. The pore size is often small to medium, giving the skin an even and smooth appearance.
Redness-prone	Redness-prone (erythematous) skin can often suffer with facial thread veins or rosacea. The skin has a high density of blood at the surface due to bleeding at the site of capillary damage which leads to a 'flushed' look.
Dry	Dry skin can often feel very tight, with flaking or peeling patches. The skin is matte in appearance, with very small pores, and infrequent blemishes. Dry skin can often be sensitive to temperature fluctuations and is often associated with seasonal changes.

Suitable products for each skin type and case study examples follow.

For AM/PM regimes by skin type please see the Medik8 website.

SKIN CARE REGIMEN: OILY/COMBINATION SKIN

STEP 1 CLEANSE



poreCleanse™
Pore Refining
Exfoliating Mandelic



oneCleanse™
Antioxidant Rosemary
Foaming Cleanser

STEP 2 PREVENT



C-Tetra®
Pro-Collagen Synthesis
Super Antioxidant Serum

✓ mid-20s – mid-30s



CE-Tetra®
Pro-Collagen Synthesis
Super Antioxidant Serum

✓ late 30s onwards

STEP 3 CORRECT



**Retinol
Eye TR™**
Under-Eye
Night Serum



**Retinol
3 TR™**
Night Serum
(0.3% Retinol)



**Retinol
40**
Booster
Serum



**White
Balance™**
Depigmentation
Serum



**Red
Alert®**
Serum
Anti-



**Dark
Circles™**
Under-Eye Dark

STEP 4 HYDRATE



Hydr8™ SPF25
Normal to Oily Skin
Pro-Collagen SPF 25 Hydrator

SKIN CARE REGIMEN: NORMAL SKIN

STEP 1 CLEANSE



oneCleanse™
Antioxidant Rosemary
Foaming Cleanser



creamCleanse™
Gently Exfoliating
Mandelic Acid Cream

STEP 2 PREVENT



C-Tetra®
Pro-Collagen Synthesis
Super Antioxidant Serum

✓ mid-20s – mid-30s



CE-Tetra®
Pro-Collagen Synthesis
Super Antioxidant Serum

✓ late 30s onwards

STEP 3 CORRECT



**Retinol
Eye TR™**
Under-Eye
Night Serum



**Retinol
3 TR™**
Night Serum
(0.3% Retinol)



**Retinol
40**
Booster
Serum



**White
Balance™**
Depigmentatio
n Serum



**Red
Alert®**
Serum
Anti-



**Dark
Circles™**
Under-Eye Dark

STEP 4 HYDRATE



Hydr8™
Normal t
Pro-Collac



SKIN CARE REGIMEN: DRYSKIN

STEP 1 CLEANSE



oneCleanse™
Antioxidant Rosemary
Foaming Cleanser



creamCleanse™
Gently Exfoliating
Mandelic Acid Cream

STEP 2 PREVENT



C-Tetra®
Pro-Collagen Synthesis
Super Antioxidant Serum

✓ mid-20s – mid-30s



CE-Tetra®
Pro-Collagen Synthesis
Super Antioxidant Serum

✓ late 30s onwards

STEP 3 CORRECT



**Retinol
Eye TR™**
Under-Eye
Night Serum



**Retinol
3 TR™**
Night Serum
(0.3% Retinol)



**Retinol
40**
Booster
Serum



**White
Balance™**
Depigmentatio
n Serum



**Red
Alert®**
Serum
Anti-



**Dark
Circles™**
Under-Eye Dark

STEP 4 HYDRATE



Hydr8™ SPF25
Normal to Dry Skin
Pro-Collagen SPF 25 Hydrator

SKIN CARE REGIMEN: ACNEIC/PROBLEM SKIN

STEP 1 CLEANSE



betaCleanse™
Anti-Bacterial
Exfoliating Foaming



oneCleanse™
Antioxidant Rosemary
Foaming Cleanser

STEP 2 PREVENT



CE-Tetra®
Pro-Collagen Synthesis
Super Antioxidant Serum

✓ late 30s onwards



C-Tetra®
Pro-Collagen Synthesis
Super Antioxidant Serum

✓ mid-20s – mid-30s

STEP 3 CORRECT



**Retinol
Eye TR™**
Under-Eye
Night Serum



**Retinol
3 TR™**
Night Serum
(0.3% Retinol)



**Retinol
40**
Booster
Serum



**White
Balance™**
Depigmentatio
n Serum



**Red
Alert®**
Serum
Anti-



**Dark
Circles™**
Under-Eye Dark

STEP 4 HYDRATE



Hydr8™ SPF25
Normal to Oily Skin
Pro-Collagen SPF 25 Hydrator

SKIN CARE REGIMEN: REDNESS-PRONE SKIN

STEP 1 CLEANSE



**Red Alert®
Cleanse**
Anti-Bacterial



oneCleanse™
Antioxidant Rosemary
Foaming Cleanser

STEP 2 PREVENT



CE-Tetra®
Pro-Collagen Synthesis
Super Antioxidant Serum

✓ late 30s onwards



C-Tetra®
Pro-Collagen Synthesis
Super Antioxidant Serum

✓ mid-20s – mid-30s

STEP 3 CORRECT



**Retinol
Eye TR™**
Under-Eye
Night Serum



**Retinol
3 TR™**
Night Serum
(0.3% Retinol)



**Retinol
40**
Booster
Serum



**White
Balance™**
Depigmentation
Serum



**Red
Alert®**
Serum
Anti-



**Dark
Circles™**
Under-Eye Dark

STEP 4 HYDRATE



Hydr8™ SPF25
Normal to Oily Skin
Pro-Collagen SPF 25 Hydrator

SKIN CARE REGIMEN: EXAMPLES

Name: Louise
Age: 36
Skin type: Acneic, oily skin, sometimes redness-prone
Other concerns: Dark circles under eyes, thinning lips
Cleanse: betaCleanse™ morning and evening
Prevent: C-Tetra®, to be used in the day
Correct: Red Alert® Serum to be used on the areas of redness at night
Dark Circles™, to be applied to the under-eye area after cleansing, morning and evening
Pretox® Pout, to be applied up to six times daily
Hydrate: Follow with Hydr8™ – Normal to Oily

Name: Kavita
Age: 47
Skin type: Dry skin
Other concerns: Hyperpigmentation due to photo-damage, heavy bags under the eyes
Cleanse: creamCleanse™ or oneCleanse™ morning and evening
Prevent: CE-Tetra®, to be used in the evening
Correct: White Balance®, to be applied to the whole face or specific areas of hyperpigmentation during the day
Pretox® Eyelift, to be applied in the morning and in the evening under Retinol Eye TR™
Retinol Eye TR™, to be applied to the under-eye area every other evening after cleansing, on top of Pretox® Eyelift and CE-Tetra®
Hydrate: Follow with Hydr8™ – Normal to Dry

Name: Julia
Age: 25
Skin type: Rough-textured skin, with oily forehead, nose and chin
Other concerns: Hyperpigmentation on neck and décolleté, crow's feet
Cleanse: poreCleanse™, morning and evening
Prevent: C-Tetra®, to be used every evening before bed
Correct: White Balance® to be mixed with Hydr8™ Body and applied to the neck and décolleté every morning
Pretox® 20 to be applied to crow's feet after cleansing, morning and evening
Hydrate: SKIN CARE REGIMEN: EXAMPLES

Name: Yasmin
Age: 69
Skin type: Very dry skin, with dull patches
Other concerns: Heavy wrinkles and folds around the eyes and naso-labial area
Cleanse: creamCleanse™, oneCleanse™
Prevent: CE-Tetra®, to be used in evening
Correct: Pretox® Infin8® to be applied to crow's feet in the morning and evening (preceding CE-Tetra®)
Pretox® Filler to be used on the nasal-labial area (preceding CE-Tetra®)
Pretox® Eyelift to be used morning and evening (preceding CE-Tetra®)
Retinol Eye TR™ to be used every other night on top of Pretox® Eyelift and CE-Tetra®
Retinol 3 TR™ to be used every night, on top of CE-Tetra®

Hydrate: Follow with Hydr8™- Normal to Dry

Name: Anna

Age: 58

Skin type: Redness-prone skin, dull complexion with deep wrinkles beginning to form

Other concerns: Cellulite and thread veins on backs of thighs

Cleanse: Red Alert® Cleanse, morning and evening

Prevent: CE-Tetra®, to be used in the evening

Correct: Red Alert® Serum, in the day on specific areas of redness

Retinol 40 Boost™, to be mixed with Hydr8™ in the evening and applied to whole face, avoiding the eye-area

Red Alert® to be applied to the thread veins. Follow with Lipomelt Forté®

Hydrate: Follow with Hydr8™- Normal to Dry