

GRAZIA SKIN SCHOOL

WE TAKE AN ISSUE and tell you how to solve it

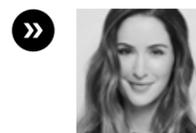
Oily skin solutions

If you want to swerve shine this summer, these tips will do the trick

SHINE – SOME OF US STRIVE for it, while others actively fight it in favour of a more matte-look complexion. If you're in the latter camp and class shine as a bugbear – especially in summer, when both temperatures and humidity levels spike – then making smart skincare swaps can help. Here's the expert advice...

WORDS ANNIE VISCHER

OUR EXPERTS



DR ALEXIS GRANITE, consultant dermatologist, is quick to point out that our skin *needs* oil. 'Sebum (the oily, waxy substance created within

your hair follicles) is necessary for lubricating and protecting skin. Our complexions need it. Those with oily skin, though, produce excess sebum and may be more prone to congestion and shine.' So what causes this overproduction of oil? 'Skin type is largely genetic; however, it may be affected by age and climate. Hormonal changes, such as puberty and pregnancy, can also contribute to oily skin.' For Dr Alexis, your cleanser is key. 'Cleanser twice daily with a foaming gel that cuts down on excess sebum without depleting your skin's oil supplies altogether.' And how can we hydrate oily skin? 'Look out for hyaluronic acid in moisturisers and serums. This ingredient manages to hydrate without leaving a greasy residue.'



DR WASSIM TAKOUK, an expert in dermatology, says there are common misconceptions surrounding oily skin. 'People often assume that

oiliness is a sign that their skin isn't clean. This simply isn't true. Oily skin comes down to the overproduction of sebum, not hygiene.' According to Dr Wassim, gentle acid toners should be our first port of call. 'Try a gentle sprinkling of acids to lightly whip away excess sebum. Glycolic or salicylic acids are ideal if your skin isn't too sensitive. Both break down excess fatty compounds that sit on the surface of skin making them invaluable when it comes to cutting down on shine and achieving a more even, matte complexion.' Any quick fixes? 'Small packs of blotting paper are great for on-the-go but the real tricks of the trade lie in the skincare department.'

PHOTOS: FRANKLIN THOMPSON/GALLERYSTOCK

Best for hydration

Dr Alexis recommends **CeraVe Hyaluronic Acid Serum, £17**. 'Its lightweight gel texture helps moisturise the skin while keeping shine at bay.'



Best for cleansing

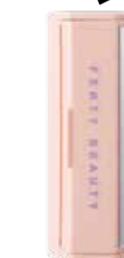
Formulated with glycolic and fruit acids, **Teoxane AHA Cleansing Gel, £35**, is a firm favourite with Dr Wassim. 'It's ideal for removing daily pollution as well as deep-cleaning pores.'



MATTIFYING MAGIC

Best for minimising excess oil

The lipohydroxy acid and salicylic acid pairing in **La Roche-Posay Effaclar Clarifying Lotion, £12.50**, tick Dr Wassim's 'light sprinkling of acids' box.



Best for sun protection

For a lightweight SPF option, Dr Alexis swears by **Ultra Violette Queen Screen Lightweight Sunscreen SPF50+, £36**.



Best for on-the-go

Fenty Beauty Invisimatte Blotting Papers, £13, are our go-to. Trust Rihanna to make blotting paper cool.