

Comment choisir sa crème visage selon son type de peau

Textures, ingrédients et erreurs fréquentes lors du choix d'une crème visage de jour ou de nuit.

Dry and dehydrated skin

Look for creams with ceramides, squalane, or panthenol and a rich texture. Apply on slightly damp skin to better retain water.

Combination and oily skin

Prefer light gel-creams with niacinamide or hyaluronic acid. Moisturizing does not make skin greasy: lack of hydration often increases shine.

Sensitive or reactive skin

Formulas with centella asiatica, madecassoside or mucin soothe redness. Introduce a new product every five days to identify reactions.