

अपनी त्वचा के प्रकार के अनुसार अपनी फेशियल क्रीम कैसे चुनें

डे या नाइट फेशियल क्रीम चुनते समय बनावट, सामग्री और सामान्य गलतियाँ।

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.