

## Four Common Problems for Sensitive Skin

Anti aging products for sensitive skin is available in the market. That's because millions of people need it. But, it's not simply a matter of hypersensitivity that these people are having problems on. Did you know that there are actually 4 types of sensitive skin that anti aging products should specifically deal with?

## **Acne**

You may be surprised to find this as the first type among the list, since you very well know that acne is caused by oily skin and a bacterium known as *Propionibacterium acnes*. But did you know that this skin condition can also be caused by beauty products that tend to clog pores, wipe off vast amounts of sebum in the skin, and therefore result to dryness, whiteheads, and blackheads?

Treatments for acne include antibiotics, retinoids, tea tree oil and salicylic acids. These are usually put in your topical skin care products to minimize if not eliminate acne.

## **Rosacea**

Whether it's caused by your genes, bacteria, sun exposure or vascular problems, this type of sensitive skin is associated with facial flushing, pimples, and broken capillaries on the face. Usually, anti-inflammatory agents are used to treat this, so long as they do not cause further skin.

## **Irritation**

There are natural ingredients that can address this type of problem like chamomile, green tea and licorice extract. But if you see ascorbic acid and alpha hydroxyl acids (AHAs) as part of the ingredients for your topical skin care creams, avoid using these.

## **Burning and Stinging**

The main cause of this type of sensitive skin is actually unknown, but some known ingredients that cause stinging have been identified. These are

lactic acid, benzoic acid, ascorbic acid, glycolic acid, azelaic acid, and AHAs. Thus, your anti aging products for sensitive skin should not contain these.

### **Contact Dermatitis or Allergies**

Allergens and irritants cause this skin condition. Allergens are ingredients that cause hypersensitivity, while irritants cause skin irritation and they do not necessarily alert the immune system to produce antibodies.

Many beauty products that claim to have organic ingredients can actually cause contact dermatitis. The same is true for those anti aging products which contain fragrance and preservatives.