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Keeping Oily and Sensitive Skin Under Control

Hey, it's Tiffany again, here to share a beautiful story about skin care. I'm in my early 20s, so you'd think I'd be well past the adolescent phase of dealing with the occasional breakout and oily skin. Yet I still know all too well the frustration and upkeep that comes with oily and sensitive skin. Fortunately (after some trial and error), I found a set of skin-care products I trust that work well and do wonders with my skin. Maybe they can do the same for you.



Toners are some of the most underrated skin-care products out there; they grab oil and dirt from your skin that your cleanser alone won't wash away. I avoid alcohol-based toners because they tend to be harsh on sensitive skin. Mario Badescu's Seaweed Cleansing Lotion is something I've come to swear by; it's gentle and feels refreshing, so it's like you're giving yourself a facial every time you use it.



I hate cleansers that are rough and dry out my skin, but Neutrogena's Deep Clean Invigorating Foaming Scrub has just the right balance and touch. This minty cleanser lets my skin breathe and washes away the stress of the day.




No matter how oily your skin is, you should still moisturize and protect it from the sun. Although I have a medium-to-olive skin tone and usually tan well, I use a lightweight moisturizer with at least an SPF of 30. Neutrogena's Healthy Defense Daily Moisturizer SPF 30 is a lifesaver. It's not greasy, it absorbs well, and it gives my skin that natural glow.

So tell me, beauty fans, what does your skin-care regimen look like?

Photo credits: [Mariobadescu.com](#) (cleansing lotion); [Drugstore.com](#) (foaming scrub); [Drugstore.com](#) (moisturizer)

Tiffany Arnold

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my sea bag contain a pair of slippers.,
That addresses several of my concerns
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long hot shower
I try to get out walking more often.

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