

# IDENTIFYING MY SKIN TYPE



Everyone’s skin is unique and needs specific skin care products.  
But to take care of your skin, you have to find out the following first of all:

- I have **dry** skin if it pulls.
- I have **oily skin, which may be prone to acne** if it is shiny and the pores are dilated.
- I have **combination** skin if it is oily in the T zone (forehead, nose and chin) and dry on the cheeks.
- I have **sensitive** or **reactive** skin if it is mostly intolerant, regardless of the season, cheeks “on fire”.
- I have **normal** skin, which is a rare occurrence, if it has a velvety appearance.
- I have **rosacea** if my skin has diffuse, red patches with visible micro vessels.
- I have **mature** skin if it has wrinkles and fine lines.
- I have **dull** skin if it looks tired and greyish.
- I have **hyperpigmented** skin if it has coloured patches.

## HOW OFTEN CAN I EXFOLIATE MY SKIN AND APPLY A FACE MASK?

| MY SKIN TYPE            | Dry/de-hydrated skin | Oily skin prone to acne | Normal/combination skin | Mature skin          | Sensitive skin        | Rosacea      | Dull/hyper-pigmented skin |
|-------------------------|----------------------|-------------------------|-------------------------|----------------------|-----------------------|--------------|---------------------------|
| RADIANCE EXFOLIATOR     | 2 - 3 times a month  | Once a week             | Once a week             | 2 - 3 times a month  | Once or twice a month | /            | Once or twice a week      |
| SOOTHING HYDRATING MASK | Twice a week         | Once a week             | Once or twice a week    | Once or twice a week | Twice a week          | Twice a week | Once or twice a week      |



EVERY DAY  
Expect the best  
in high tolerance



HAUTE TOLÉRANCE

PARIS

www.eyecare.fr

To receive tips and updates about the EYE CARE brand,  
go to [www.eyecare.fr](http://www.eyecare.fr) and sign up for the Newsletter

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AGENDASOIN 10/19

# MY SKIN CARE ROUTINE

FACIAL SKIN CARE AND HYGIENE ROUTINE

Choosing a more suitable skin care product and knowing when to apply it



BEAUTIFUL SKIN  
DAY IN, DAY OUT



# MY SKIN CARE ROUTINE



## IN THE MORNING

I cleanse my face and neck



+



and

I take care of my skin by choosing the products most suited to my skin type. Gentle Nutritive Skin Care, Balancing Skin Care Moisturiser, Anti-wrinkle Cream, etc.

Gentle Make-up  
Remover Emulsion

Gentle  
Cleansing Toner

## IN THE EVENING

I cleanse my face and neck



+



and

I take care of my skin by making the most of a good night's sleep and using night time skin care products most suited to my skin type.

Gentle Make-up  
Remover Emulsion

Gentle  
Cleansing Toner

More occasionally I exfoliate my skin and apply a mask for a perfectly radiant complexion  
(frequency as indicated for my skin type).





# MY DAILY SKIN CARE PRODUCTS

## WHAT ARE THE IDEAL SKIN CARE PRODUCTS FOR MY SKIN TYPE?

Various skin care products have been recommended for my skin type. I choose the one(s) best suited to my skin care routine.

| MY SKIN TYPE            | Balancing Skin Care Moisturizer | Gentle Nutritive Skin Care | Complexion Radiance Cream | Anti-wrinkle Cream | Anti-dark Spot Unifying Cream | Anti-redness Cream | Purifying Cream |
|-------------------------|---------------------------------|----------------------------|---------------------------|--------------------|-------------------------------|--------------------|-----------------|
| Dry/dehydrated skin     |                                 |                            |                           |                    | /                             | /                  | /               |
| Oily skin prone to acne |                                 | /                          | /                         | /                  | /                             | /                  |                 |
| Normal/combination skin |                                 |                            |                           |                    | /                             | /                  | /               |
| Mature skin             |                                 |                            | /                         |                    |                               | /                  | /               |
| Sensitive skin          |                                 |                            |                           |                    | /                             | /                  | /               |
| Rosacea                 | /                               |                            | /                         |                    | /                             |                    | /               |
| Dull skin               | /                               |                            |                           |                    | /                             | /                  | /               |
| Hyper-pigmented skin    | /                               | /                          | /                         |                    |                               | /                  | /               |

MORNING EVENING

**SPECIALIST'S TIP**  
The skin regenerates most effectively at night.  
Use the most nourishing, moisturising skin care products with a wealth of active ingredients, in the evening for greater effects and optimum benefits.



**BALANCING SKIN CARE MOISTURIZER**  
Light, non-comedogenic texture for immediate and long-lasting moisturising.  
Leaves the skin feeling soft and velvety with a matte finish.  
**Moisturising active ingredients:** urea, jojoba oil and honey.

**EFFICACY**  
+43% increase in moisture levels 30 min after application  
+24% increase in moisture levels 4 hours after application



**GENTLE NUTRITIVE SKIN CARE**  
Moisturises at depth. Restores nutrient and water levels in the epidermis. The skin is suppler and fuller.  
**Moisturising and nourishing active ingredients:** propolis, urea, jojoba oil and shea butter.

**EFFICACY**  
+89% increase in moisture levels 1 hour after application  
+82,8% increase in moisture levels 4 hours after application



**COMPLEXION RADIANCE CREAM CONTAINING SKIN VITAMINS**  
Brings a warm, radiant glow to the complexion. The skin is moisturised and unified.  
A dynamic cocktail of vitamins: A, C, E, PP and F.  
**Moisturising, illuminating active ingredients:** hyaluronic acid, micropearlised particles.

**EFFICACY**  
Illuminates the complexion with a radiant glow: 89% of women  
Unified skin: 84% of women  
Younger, fresher skin: 84% of women



**ANTI-WRINKLE CREAM**  
Creamy, comfortable texture. Erases wrinkles and fine lines. The skin is suppler, smooth and toned.  
**Smoothing, moisturising and soothing active ingredients:** vitamin E, brown algae, lip amino acids.

**EFFICACY**  
The skin is immediately smoother: 72% of women  
Firmer facial skin: 80% of women  
Smoother skin after 4 weeks: 76% of women  
Lines less deep and less visible: 68% of women



**ANTI-DARK SPOT UNIFYING CREAM**  
Prevents and reduces brown spots, unifies and lightens the complexion. Protection by SPF 20 mineral sunscreens  
**Anti-dark spot active ingredients:** daisy extract, vitamins A, C, E, PP and Hyaluronic acid.

**EFFICACY**  
Spots are less visible and less intense: 73% of women  
Smaller spots: 55% of women  
Fewer spots: 41% of women  
Younger skin: 50% of women



**ANTI-REDNESS CREAM**  
This cream comes to the rescue of reactive skin prone to redness and rosacea. It conceals and combats redness. Comfortable texture.  
**Plant-based vasoactive ingredients.**

**EFFICACY**  
Redness less visible from the 1st application: 80% of women.  
Redness covers smaller surface area: 60% of women  
Conceals increase in redness during hot flushes: 56% of women.



**PURIFYING CREAM**  
Formulated for oily skin prone to acne. It purifies and smooths the grain of the skin and combats inflammation.  
**Anti-seborrheic, anti-bacterial and anti-hyperkeratotic.**

**EFFICACY**  
Cleaner skin: 81% of women  
Purified skin: 76% of women  
Tighter pores: 62% of women  
Prevents the appearance of new spots: 57% of women



# MY ADDITIONAL PRODUCTS

Once my skin is thoroughly moisturised and prepared using my ideal skin care product, it is ready for a foundation to ensure a natural, radiant and bright finish.

## COMPLEXION PERFECTOR SPF 25

Light, natural coverage. Unifies and illuminates the complexion with a sensation of lightness on application and restores a healthy glow. Combines hyaluronic acid, urea and organic silicium for their moisturising and restructuring properties together with soft focus illuminating pigments to restore a radiant complexion in all its glory.



## FOUNDATION SPF 25

A creamy texture and coverage thanks to micronised pigments. Unifies the complexion and corrects minor blemishes and patches of redness. Gives a natural, matte, radiant finish. Moisturising and smoothing active substance: hyaluronic acid, mineral sunscreens.

## BRONZER POWDER

Illuminates the complexion with a golden, sun-kissed finish. For a natural, healthy glow with the sun. Fine, gentle, ultra-micronised texture. Fine pearly particles illuminate the skin creating a radiant glow. Use with the complexion radiance cream for the best result.



## POWDER BLUSH

Puts the final, illuminating touches and a healthy glow to your make-up. Accentuates the cheekbones and defines facial features. Ultra-micronised, fine, gentle texture. Blends in easily. For a perfect and very natural finish.

Discover the full make-up range at [www.eyecare.fr](http://www.eyecare.fr).  
Discover the right shade to enhance your natural beauty using "My colour test" in the "EYE CARE AND ME" section on the website.