

# FACT SHEET

## Oily Shine

Oily shine is caused by excessive output of sebum (oil) in areas with abundant oil glands. Oily shine usually appears around mid morning and gets worse throughout the day. In hot, humid weather, the sebum “floats” on a layer of perspiration, making oily shine more pronounced.



Topical niacinamide (Vitamin B3) is a key step in regulating excessive oil flow. Niacinamide has been shown to regulate the output of sebum, normalising oil production and diminishing shine. Use of alpha and beta hydroxy acids and retinaldehyde will also help normalise skin function and reduce sebum output.

### MYTH BUSTER

It's a common belief that moisturisers are an essential step in any skincare routine. In fact, moisturisers are not suitable for everyone. People with naturally oily skin should actually avoid moisturisers, as these products are designed to supplement the skin's lipid (oil) layer, something you don't need when your skin is already oily!

If you have “combination skin”, apply moisturiser only to the areas where you are genuinely dry, and avoid the areas that are prone to oiliness.

## Our T<sub>x</sub> for Oily Shine

<p><b>DAY</b></p>	<ol style="list-style-type: none"> <li>1. Rationale Preparatory Cleanser</li> <li>2. Rationale Niacinamide Serum</li> <li>3. Rationale Rejuvenating Serum</li> <li>4. Intelligent Suncare Neutraliser Concealer SPF 25</li> </ol>	
<p><b>NIGHT</b></p>	<ol style="list-style-type: none"> <li>1. Rationale Preparatory Cleanser</li> <li>2. Rationale Niacinamide Serum</li> <li>3. Rationale Retinaldehyde Serum</li> <li>4. Rationale Skin Refining Serum</li> </ol>	
<p><b>WEEKLY MONTHLY</b></p>	<ol style="list-style-type: none"> <li>1. Procedure microPeel</li> <li>2. Procedure Customised Peels</li> </ol>	