Complete the quiz and use the questions as a guideline to determine your skin type:



SKIN CARE QUIZ

1. When you wake up in the morning, what does your skin look like?

- (a) Dull, blotchy and/or sallow
- (b) Normal, but shiny in certain areas
- (c) Pimples, breakouts and shiny/greasy
- (d) Normal to red
- (e) Radiant complexion with no visible pores

2. How does your skin feel during the day?

- (a) Dry and sometimes tight
- (b) Normal
- (c) Dirty and greasy
- (d) Irritated, itchy, burning and warm
- (e) Normal

3. How often do you want to wash your face?

- (a) Once a day with a gentle cleaser no soap bar
- (b) Twice a day
- (c) All the time, my skin never feels clean for long
- (d) As little as possible, my skin burns too quickly
- (e) Once or twice a day

4. What does your make-up look like by midday?

- (a) Make-up tends to look dull and flaky and/or make-up irritates my skin easily
- (b) Good, but I will need to re-apply foundation on my nose and forehead
- (c) Shiny, as my make-up does not last. I have to apply foundation all the time and blot my skin with a tissue
- (d) I do not really want to wear too much make-up, as my skin reacts too quickly; it burns or irritates my skin
- (e) Good, I just have to reapply my lipstick

5. How often do you get a breakout?

- (a) Never
- (b) Sometimes, but just in certain areas
- (c) Often
- (d) If I do, it is normally small red bumps that are sore and itch or burn
- (e) Rarely

6. What is your biggest concern?

- (a) Fine lines, premature ageing, dry skin
- (b) Nothing really
- (c) Pimples, blackheads, shine
- (d) Skin is irritated and reacts very quickly to any products
- (e) I do not have any major concerns

7. If you could choose only one product, which one would you buy?

- (a) Moisturiser
- (b) Does not really matter
- (c) Cleanser, preferably a gel or soapy cleanser
- (d) It depends on which product my skin will not react to
- (e) My favourite one, or something on special

8. What does your skin look and feel like after you wash it?

- (a) Dry, dehydrated, tight, dull and sometimes flaky areas
- (b) Dry and oily in some areas, or mostly normal
- (c) It is the only time when it is not shiny
- (d) Itchy, red, burning and irritated
- (e) Rosy cheeks

9. How often do you feel the need to apply moisturiser?

- (a) More than once a day
- (b) More on my cheeks than anywhere else or only once a day
- (c) I do not really want to apply a moisturiser, due to my oiliness
- (d) Depends on the sensitivity of my skin
- (e) Average of once a day

10. Describe your T-zone:

- (a) It's dry, just like the rest of my face, with fine pores
- (b) Oily and shiny, with open pores
- (c) Definitely my problem area greasy/oily with big open pores
- (d) The least sensitive area of my face
- (e) No visible pores

Your results

Mostly a's

You have a dry, dehydrated skin

■ Use the Annique Lucid range

Mostly b's en e's

You have a normal to combination skin

- Use the Annique Hydrafine range for combination skin
- Use the Annique Rooibos Skin for entry level/normal skin

Mostly c's

You have an oily or problem skin

Use the Annique Face Facts range

Mostly d's

You have a sensitive/allergic skin

 Use Essense Sensi Crème/Sensitiv/ Resque Crème