# How to find and care for your skin type

Use these steps from the article to test your skin type at home and build a simple routine around it.

- [ ] Wash the face with warm water and a mild cleanser, then pat dry.
- [ ] Wait about 30 minutes without applying any product before checking the skin.
- [ ] Press a blotting sheet on the forehead, nose, chin and cheeks to compare oil.
- [ ] Retest your skin type after a change of season, pregnancy or menopause.
- [ ] Use a cleanser, a moisturizer and sunscreen suited to your skin type.
- [ ] Apply broad-spectrum, water-resistant sunscreen with SPF 30 or higher every day.
- [ ] Keep moisturizing oily skin with an oil-free, noncomedogenic product.
- [ ] Choose fragrance-free products when the skin stings, burns or itches.
- [ ] Avoid scrubbing the face, since scrubbing irritates the skin.
- [ ] See a board-certified dermatologist when dryness, acne or a changing spot persists.

**Notes**

For general education only. Not a substitute for professional medical advice.