

# Combination Skin

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If your skin is acting confused, why not try a little balance?

Okay, so your skin is a little moody. It's oily in some spots, dry in others. No need to panic! A simple, consistent routine can help your skin find its balance again—without using harsh chemicals.

Your skin is part of a feedback loop, and can't be separated from the rest of your body when it comes to treatment. By using harsh products on your oily zones, you may be sending a signal for your skin to create more sebum, which will likely result in an endless cycle. The dry areas are sometimes a bit easier to treat, but it's hard to avoid the oily areas in the process. Plus, treating the condition only at

the surface won't address the root causes, so you'll have to dig deeper to find out what's out of balance. It could be your diet, your hormones, your stress level, or the products you're using on your skin. It will take patience and a bit of detective work, but you will ultimately learn how to support your skin in finding balance.

## SO... WHAT IS COMBINATION SKIN?

Combination skin is skin with commitment issues. Parts of it are dry and others are oily, or it's dry during some seasons and oily during others. Sometimes you notice your T-zone looks greasy, other times you see that your cheeks are flaky. It can be affected by hormones, weather, stress, diet, and your skincare routine.



# Let's do this together.

It may take a few months to see what feels like meaningful change, but if you go about it the right way, you'll have tools to create lasting change.

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## CRITICAL BEGINNING STEPS

### STOP USING

#### Harsh acids, peels, and scrubs

Over exfoliation will only lead to more breakouts. Also, the more you strip your skin of its natural oils, the more it will panic and feel like it needs to increase its own oil production.

#### A daily oil cleanser

Oil cleansing pulls oil from the skin very effectively, but daily oil cleansing may deplete the skin's natural sebum and kick it into rebound overdrive.

#### Drying masks or chemical blemish treatments

Again, soaking up the oil at the surface can be helpful from time to time, but mostly your skin is asking for support, not an attack.

#### Heavy oils or balms

Occasional use of a balm (a water-free solid oil) or a richer oil is okay, but using these regularly can add to congestion and breakouts in the oily areas, and can even make dry areas worse.

#### A dirty washcloth or pillowcase

Make sure you're laundering your linens regularly with an SLS and fragrance-free detergent to limit your skin's exposure to microbes and chemicals.

#### Your fingers

Touching your face often or picking at blemishes can increase the chance of infection, irritation, and scarring. Use your clean hands lovingly to perform your skincare routine, and keep them away otherwise if possible.

### START USING

#### Black Clay Facial Soap

Rich in minerals and nutrients for the skin, this bar is beloved among those managing

combination skin. Essential oils of cedar, lemon, and bergamot fight bacteria, and coconut milk boosts lather and leaves the dry spots soft and nourished.

#### Balance Facial Serum

This herbal serum contains antiinflammatory black cumin seed oil and schisandra extract, and is the perfect blend of oils to help your skin understand that it can finally relax. It's nourishing enough for the dry areas, but won't overwhelm the oily zones.

#### Purely Simple Face Cream

If you need a little extra attention in the drier areas of your face, a little dab of Purely Simple Face Cream works beautifully to add moisture without shine.

#### Spotless Blemish Oil

Rather than blowing up a blemish on your skin leaving a dry, crusty mess, this gentle but powerful blend simply convinces blemishes to sneak away silently.

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## SUPER IMPORTANT NEXT STEPS

Once things start to even out, you can add a weekly dose of our Detox Exfoliating Mask to keep things clear, especially in oily or congested areas. You can also use it as a spot treatment by applying a tiny amount to a blemish and leaving it there for about ten minutes, followed by Spotless Blemish Oil if needed. You may add our Purely Gentle Mud Cleanser for a morning cleanse, and continue the Black Clay Facial Soap in the evenings.

Additionally, keeping a food journal and managing stress will be important on your skin-balancing journey. By watching how your skin reacts to inflammatory foods like dairy and sugar, you'll have more information to guide your food choices. And managing your stress in a proactive manner will decrease your circulating cortisol levels, reducing the effects of stress on your skin.

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## NOW FOR THE FUN PART: THE SHOPPING LIST!

### FOR THE FACE

[Osmia Black Clay Facial Soap](#)

[Osmia Balance Facial Serum](#)

[Osmia Purely Simple Face Cream](#)

[Osmia Spotless Blemish Oil](#)

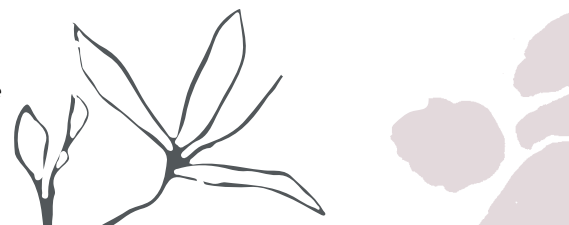
[Osmia Detox Exfoliating Mask](#)

[Osmia Balancing Starter Set](#)

[Osmia Purely Gentle Mud Cleanser](#)

### HAVING TROUBLE?

Everyone reacts differently to skincare plans—if you are not seeing results, [please email us](#) and we can help adjust your routine or suggest a few products from other brands that are gentle enough to try. While we hope Osmia works as well for you as it has for so many others, we are committed to helping you see results. We'll do our absolute best to customize your routine and guide you toward your healthiest skin.



## Additional homework for greater success:

In addition to examining your diet and your stress level to see where you need to bring some attention, you may need to schedule a visit with your healthcare provider. Certain conditions like PCOS and thyroid disorders come with hormonal imbalances that can cause combination skin. So, if you're experiencing any other symptoms or are not seeing the results you hoped for with the changes above, it may be worth a medical

evaluation to make sure you have the whole picture.

If you feel that stress is a key component of your acne, or even wonder if it might be, [read this](#) to understand how stress affects your skin, and [this](#) to learn how to get started with a regular meditation practice.

### WE ARE HERE FOR YOU.

Reach out anytime at  
[info@osmiaorganics.com](mailto:info@osmiaorganics.com)

*We're here to answer  
questions, and to hear  
your success stories!*

## You can do this.

Combination skin can feel confusing, but remember that your body is simply conveying a message that something needs a little tuneup. While you won't be able to prevent a little shine from time to time, or an occasional dry patch, you can certainly do a lot to get things to a happier, healthier baseline. And the best news is that you can do it with products that not only work but are absolutely delightful to use.

With health and joy,

