

Skin Types Sorting Activity

Tutor Notes

Many students struggle with skin analysis so this activity is designed to help them identify the different characteristics for each skin type and condition. It can be used as a starter activity, plenary, revision or even to introduce the subject.

Equipment Required

- ✓ Matching cards (see at the end)
- ✓ Activity sheet
- ✓ Answer sheet – for self assessment

LLN

This activity is reinforcing vocabulary eg comedones, broken capillaries etc

Equality & Diversity

There are questions for the students on how skin varies in Asian and black skin.



What's My Skin Type?

Being able to identify the characteristics of different skin types and conditions is key for correctly analysing the skin. This activity will help you with this.

In your pack you have the names of 2 skin types, 3 skin conditions and the characteristics used to identify them.

1. Find the cards with the names of each skin type and the skin condition.
2. Match the skin characteristics to the skin types and conditions? There is more than one characteristic for each. Some have more characteristics than others.
3. Some of the characteristics can indicate more than one skin type or condition, which ones are these?

Equality & Diversity

Describe the differences in skin type and structure between

- white,
- black and
- Asian skin.

Stretch Yourself

1. Pick a characteristic for each skin type and condition and explain the reason for each. Eg Shiny - the skin is shiny because the sebaceous glands secrete excess oil onto the surface of the skin through the pores.
2. **Skincare:** Create a daily and weekly skin care programme for a client. Complete one for each different skin types.
3. **Make up:** How would you adapt your make up for each skin type and condition?



What's My Skin Type? – The Answers

SKIN TYPES: Dry skin, Oily Skin, Normal Skin & Combination Skin

SKIN CONDITIONS: Dehydrated, Mature

Dry skin

Lack of oil
Dry to touch
Flakiness
Fine Texture
Thin
Tight
Small Pores
Broken capillaries

Normal Skin

Fine texture
No visible pores
Smooth
Supple
Flexible

Oily Skin

Shiny
Slight thickening of
the epidermis
Sallow
Coarse texture
Enlarged pores
Congestion

Combination skin

Combination of two or more
skin types

Dehydrated

Tight
Lack of Water

Sensitive

Pale
Dry
Colours easily
Redness

Mature

Loss of elasticity
Loose muscle tone
Wrinkles

