



Oily Skin



Overview

Your skin has tiny glands that make oil called "sebum." This oil helps keep your skin healthy and soft. But sometimes, your skin's glands make too much oil. When this happens, your skin looks shiny and feels greasy. This is what we call "oily skin." Let's take a moment to learn more.

Causes

First, why do some people have oily skin? Well, many things can cause it. Your genes could play a role. So can the level of certain hormones in your body. Hormone levels fluctuate during puberty and during pregnancy, and that's why many people develop oily skin at these times. And things like stress and humid weather can also cause your skin to produce more oil.

Symptoms

Next, what are the symptoms? When you have oily skin, your face might look shiny all the time. You may need to wipe your face often to remove the extra oil. Sometimes, the oil can mix with dead skin cells and clog your pores. This can lead to pimples and other blemishes.

Treatment

Finally, how do we treat it? Oily skin isn't bad for your health, but it can make you feel uncomfortable or self-conscious. You can help manage oily skin by washing your face gently twice a day with a mild soap and warm water. Don't scrub too hard, as this can make your skin produce even more oil. Use oil-free moisturizers and sunscreens. Maintain a healthy diet, and drink plenty of water. For more info about caring for oily skin, talk to your doctor.