



So Organic helpful fact sheets:

Sensitive Skin

Learn more at www.SoOrganic.com

Many customers come to So Organic because they have exhausted mainstream cosmetics to help with their sensitivity. This is a growing problem and one which can be deeply frustrating.

Is your skin really sensitive or do you have a skin condition?

Before you go changing your skincare routine you need to make sure that you actually have sensitive skin and not a skin condition. In some people skin conditions, such as eczema, sun damage, and rosacea, may be confused with sensitive skin.

If you have one of these other skin conditions you will need to take different precautions with your skin in order to keep it healthy and glowing. In order to determine if you have sensitive skin you first need to rule out other medical conditions. If you suffer from allergies, experience dryness, itching, and flakiness year round, or notice redness to your skin that does not respond to changes in skincare routines then you may need to see a dermatologist or doctor to rule out disease.

Symptoms of sensitive skin:

If you do not suffer from any of these condition yet you still experience skin problems you may have sensitive skin. The symptoms of sensitive skin include temporary redness, breakouts, rash-like appearances, itching, excessive skin irritation, and sometimes swelling.

If your skin is sensitive you may notice these symptoms after washing with regular soap, sweating profusely, after the application of any soaps or skincare products that contain fragrances and dyes, after exposure to the sun, harsh winds, extremely hot or cold temperatures, and after facial treatments like purifying masks or exfoliation.

Many people find that keeping a skin diary helps them pinpoint their skin irritant. Try to write down the condition of your skin every day. You should note its outward appearance, how you feel, what you have eaten and your emotional state. Sometimes it is more than one irritant that is causing the problem.

Always do a patch test:

Those with sensitive skin should always use a patch test before full application. At So Organic we are happy to supply you with samples of some of our products, although unfortunately many are not available as sample sachets. Simply apply a small amount behind the ear and wait 24 hours. If you do not react then the product should be fine for full application.

Natural does not mean you'll never react!

Natural and organic products use gentle botanical based ingredients and as such we find less people react to them but they can still contain ingredients which can exacerbate sensitivity; natural does not always mean you will not get a reaction. Try to choose products specially designed to treat sensitivity and use them exactly as directed.

Protect skin from the sun:

The final step in any sensitive skin care routine should involve the application of a sun block. Sensitive skin is more reactive to the harmful effects of the sun and can suffer from excessive redness, burning, breakouts, and other damage after just a few minutes of exposure. When the weather is sunny, be sure to apply a sunscreen with an SPF (Sun Protection factor) of at least 15 every day before you leave the house.