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বদলে দিলে যে আমায়... অ্যান্ডালিনা সোপ

Match Makeup to Your SKIN TYPE GLOW OR WOE?
Navigating Skincare Safety

AYMAN ANIKA

On a sweltering afternoon in Dhaka, your makeup feels like it's melting off by the minute. By the time you reach your destination, what was once a flawless base is now a blotchy mess — oily patches on the T-zone, dry flakes around the cheeks, and irritation you didn't see coming. Sound familiar? For many, beauty routines are often at war with the country's unforgiving climate. With heatwaves, humidity and pollution, even the best global cosmetic brands can backfire if they're not suited to our unique skin needs.

The key? Choosing cosmetics not just by brand or trend, but by your skin type, and understanding how it reacts to the environment around you.

Step 1: Identifying your skin type
Before diving into the cosmetics aisle, the first step is to understand your skin type. This is important because what works for one skin type may not work for another.

Dr Mehran Hossain, an Associate Professor and Senior Consultant at City Hospital Ltd., shares, "In our climate, excessive sweating is common, and this leads to a range of issues such as irritation, redness, and acne. People with different skin types must be aware of these factors to choose cosmetics that help rather than harm their skin."

Broadly, skin types generally fall into five categories. Oily skin is shiny and prone to breakouts, especially in the T-zone. Dry skin feels tight and can become flaky. Combination skin is oily in some

areas (like the forehead and nose) and dry in others. Sensitive skin reacts easily, often showing redness or irritation. Normal skin is balanced and low-maintenance, though it's quite rare — especially in Bangladesh's harsh climate.

Once you know your skin type, it becomes easier to select products that address specific needs.

Step 2: Makeup recommendations for different skin types

Not all skin is created equal, and in Bangladesh's heat, what you wear on your face matters just as much as what you wear on your body. The wrong makeup can clog your pores, dry you out, or leave your face feeling like a grease trap by noon.

If your skin gets shiny and breaks out easily, then welcome to the oily skin club — and yes, humidity can make it worse. For you, less is more, and matte is magic. "Heavy, oil-based products can make oily skin worse," says Dr Hossain. "Instead, opt for lightweight, water-based foundations and non-comedogenic products." Avoid cream-based blushes or anything with too much shine. Instead, stick to powder formulas and translucent blotting powders to keep midday greasiness at bay. A primer can also be a game-changer.

However, if your skin feels tight, dull, or flaky, then you have dry skin. Dry skin can be tricky, especially when the AC is on full blast or your face has taken one too many sun hits. For you, hydration is the holy grail. Cream-based highlighters and blushes will give your skin a dewy glow without clinging to dry patches. And don't skip moisturising before makeup — it's not just a skincare step, it's part of your canvas prep.

And if you're both oily and dry, then you have combination skin. Generally, combination skin often means you're battling

an oily T-zone and dry cheeks at the same time — frustrating, but manageable with the right routine. Customising your base is key. A mattifying primer for your forehead, nose, and chin, and a hydrating one for your cheeks, will help even things out. Stick with powder blushes and bronzers — they'll stay put without adding unnecessary weight.

General tips for all skin types

No matter your skin type, the weather in Bangladesh has a way of testing your skincare game. From sticky humidity to searing heatwaves, even the most expensive products can lose their magic if your routine doesn't account for the climate. This is where simple habits can make a big difference.



Dr Hossain stresses the importance of staying clean and sweat-free throughout the day. After all, it's not just makeup that clogs pores — sweat and dirt are guilty too. "During a heatwave or in our daily humid environment, it's important to wipe away sweat regularly with a clean towel to prevent irritation," he advises.

That doesn't mean constantly scrubbing your face, though. Gentle dabbing with a clean cloth and a mid-day rinse with water can help refresh your skin without stripping it.

And don't forget the oldest and most underrated beauty tip in the book: drink water. "Drinking plenty of water helps keep the skin hydrated from the inside out, especially in hot and humid conditions," Dr Hossain reminds us.

These small but powerful practices support whatever cosmetics you use, helping your skin stay resilient, calm, and ready for that flawless finish.

MIFTAHUL JANNAT

In a world increasingly obsessed with flawless skin and impeccable hygiene, the skincare aisle can feel like both a promise and a potential minefield. From miracle creams and trendy serums to hand washes and antiseptic bars, not all products are created equal—and some may be doing more harm than good. As consumers, it is crucial to distinguish between what nurtures your skin and what quietly wreaks havoc beneath the surface.

Dr Mehran Hossain, Associate Professor and Senior Consultant at City Hospital Ltd points out the fatality of choosing the wrong products. "Many skincare products contain steroids and heavy metal like mercury and lead which can cause permanent damage to the skin, with long term exposure potentially increasing the risk of cancer," he said.

"Steroids have a bleaching property, which can leave your skin looking temporarily shining, however in the long term it erodes the epidermal layer," added Dr Hossain. When the skin's top layers are eroded over time, it can thin out and lose its natural cushion, causing veins to appear more prominently.

When choosing personal care products, it is important to consider a few key factors to ensure both safety and effectiveness. Dermatologists generally classify these products into two broad categories: over-the-counter (OTC) products and those prescribed for therapeutic use. According to experts, it is generally safe to use well-reputed OTC products such as face washes, moisturisers, and other personal care items. However, always check the ingredient label first.

Look for products with natural, gentle ingredients like aloe vera, chamomile, or hyaluronic acid, and avoid harsh chemicals such as parabens, sulfates, and artificial fragrances, which can irritate the skin or disrupt the natural skin barrier. "By using hydrolysed hyaluronic acid infused serum, you introduce more hydration to your



skin. It is a supercharged water magnet. The best hyaluronic acid serum is fragrance free, paraben free, dye free, very watery and dermatologist tested," mentioned Dr Tauhida Rahman Ereen, Dermatologist at Rejuva Wellness.

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formulation designed to be gentle on sensitive skin—ideal for adults seeking sophisticated yet skin-friendly solution," mentioned Md. Quamrul Hassan, Chief Business Officer, ACI Consumer Brands.

For sensitive skin, hypoallergenic or dermatologist-tested products are often the safest choice. For instance, Siodil from Remark HB Ltd. is a doctor-recommended brand that offers a wide range of skincare products

targeting specific concerns, including anti-acne, brightening, depigmenting, moisturising, sun protection, as well as eye and hair care.

Choosing products according to your skin type, and ensuring their authenticity, is also crucial. "Lack of mandatory registration system has led to the unregulated establishment of unregistered, substandard, and adulterated factories, putting consumer health at risk," highlighted Jamal Uddin, General Secretary, Association of Skin Care & Beauty Products Manufacturers & Exporters of Bangladesh (ASBMEB). Hence, never skip checking whether the product is genuine before buying.

For hygiene products like hand washes, antiseptic creams, or disinfectants, ensure they contain active ingredients such as alcohol, chlorhexidine gluconate, cetrimide for effective germ protection, but be mindful of their drying effects on the skin. If you are using these products frequently, opt for those with moisturising agents like aloe vera, glycerin or vitamin E to prevent skin damage and maintain hydration.

Regardless of the brand, always patch-test a new product before fully incorporating it into your routine to avoid irritation or allergic reactions, and consult with a dermatologist if you are uncertain about what's best for your skin's health. Ultimately, glowing skin starts from within—nourish your body with colorful vegetables, get quality sleep, and embrace a healthy lifestyle to keep your skin always radiant.



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