

## WHO WHAT WEAR

# The 3 Rules for Choosing a Foundation When You're Dealing With Dry Skin

When it comes to choosing your makeup, it can be so crucial to opt for products that work with your specific skin type. I recently learned how helpful it can be when it comes to application and the finished look. You wouldn't want a foundation to make your skin appear more oily or for it to irritate your sensitive skin. Plus, when it's suited for your type, you know it probably won't make any of your skin problems or concerns worse.

Personally, my skin type is usually combination but veers toward dry in the fall and winter months. Anyone who deals with dry skin on the regular knows how annoying it is to put makeup on when the flakes are out of control. And sometimes, your face could feel so dehydrated it might even feel uncomfortable or irritating to put any product on. Applying foundation is always tough for me because it can end up highlighting the flaky skin, and some formulas can dry out my face even more.



## Foundation Texture



There are so many different foundation textures and formulas out there. You've got liquid, powder, stick, and even serum now. "I would recommend liquids, creams, or stick foundations, depending on what coverage you are looking for in your foundation," says Robyn Gmyrek, MD, a board-certified dermatologist at [Park View Laser Dermatology](#). "I would not opt for powders, as they will not moisturize as well and can absorb oils from the skin, especially if they contain clay or talc, and contribute to further dryness."

Board-certified dermatologist [Roberta Del Campo, MD](#), agrees, adding that it might help to purchase a foundation with noncomedogenic skin oils that can hydrate, smooth, and allow for a better base for makeup application.

