4 STEPS TO HEALTHY TEEN SKIN

1. Cleanse

It's important to cleanse your skin daily to remove dirt, oil, and dead skin flakes. Washing your skin also rids the skin of excess oil, which can prevent acne. If you have oily or normal/combination skin, use a daily cleanser that contains salicylic acid. Always remove any makeup / sunscreen before going to bed, and don't use the bar of soap in the shower to wash your face!

2. Moisturise / hydrate

For most skin types, you should moisturise skin morning and evening, using a moisturizer that does not aggravate a skin problem. For instance, never put heavy cream on oily skin that is prone to breakouts. For oily skin, the moisturiser should be oil-free, but have hydrating qualities. Always apply moisturisers after cleansing and hydrating your skin. Don't forget to drink lots of water too!

3. Treat

Many teens need to treat skin conditions such as acne, which occurs when pores on the surface of skin become clogged. This happens when oil glands produce too much oil, and pores get blocked with dirt, bacteria, and debris. You should aim to exfoliate once a week which provides a deep clean and removes the top layer of dead skin cells – be gentle and don't over scrub. If you do start breaking out with pimples, apply a spot treatment directly to the blemish to dry it out and promote faster healing.

4. Protect

We all know that sunscreen protects your skin from this sun, and this obviously reduces your chance of skin cancer. Did you also know that this reduces your chance of signs of early aging (aka: wrinkles)? – in fact 90% of premature aging is caused by the sun! After cleansing your skin, protect it daily from the sun and other environmental factors. Use a moisturiser or foundation with a sunscreen of SPF of 30 or higher with UVA and UVB coverage year-round.

THE BEAUTICIAN

facebook.com/thebeauticianlanecove