

The Essential Guide to Teenage SkinCare



As a child, your skin is soft, new and blemish free. But when puberty hits, it can change dramatically, developing acne and other blemishes. Finally, as you start to age, wrinkles and lines appear particularly in places where your skin has been damaged by factors such as smoking and sun exposure.

There are numerous ways to treat these problems later in life, however looking after the skin in early years can prevent or delay many of them. For that reason, introducing teenagers to a skincare routine at an early age can be of benefit. It can also minimise existing problems such as acne, which is caused by the production of extra pore-clogging sebum (oil).

It is essential to determine a teenagers skin type (dry, oily, normal or combination) when selecting the right treatment and products to treat their skin. Whichever the skin type - cleansing, exfoliating, toning, moisturising and sun protection are all essential steps.

- Step 1 – Cleansing

Cleansing removes unwanted dirt and excess oil that teenagers produce, as well as surface impurities, makeup and stale skin oils.

When regularly performed, this helps the skin to breathe.

A creamy cleanser is generally preferred for teens as the skin is usually oily.

- Step 2 – Exfoliating

Exfoliation removes the dead skin cells that clog facial pores and cause the skin to appear dull.

- Step 3 – Toning

Toning works to restore the normal level of pH in the skin. Toner helps close the pores and tighten the skin, protecting it from dirt and toxins in the air. If a teenager has dry skin, it is not necessary as it can dry it out.

- Step 4 – Moisturising

Moisturisers are used to prevent the skin from drying out. However, as most teenage skin is already producing extra oils, using a light moisturiser is best.

- Step 5 – Sun Protection

The negative effects of sun damage are usually not visible in teenage years. However, that doesn't mean damage is being done. Sun damage done early in the stages of life can often lead to wrinkling, blotchy pigmentation, liver spots, thinning of the skin, broken blood vessels, dryness, texture changes and skin cancers. Teens can protect themselves by using a sun-protecting skincare product everyday, such as moisturiser with UV protection.

Treating Acne

Your therapist can prescribe certain acne fighting creams, gels and scrubs suitable for your skin type.

Facials are helpful in clearing up troubled skin, as they thoroughly cleanse the face and remove dead layers of cells. They can help treat current acne, as well as prevent future blemishes and breakouts.

At BeautyWell®, our facials include a SkinScan Analysis using the latest advanced skin scanning diagnostic equipment. This will help determine the most appropriate facial treatment for your skin type, including the development of a home skincare routine to give optimum results 24/7.

Light Therapy treatments are particularly good at reducing the appearance of acne and its residual scarring. Usually, a course of treatments is not only good at treating existing acne, but also preventing future breakouts, often for an indefinite period of time.

At BeautyWell®, we have built a reputation on being Experts in skin. We offer a Full Diagnostic Skin Analysis utilising specialised Skin Scanning equipment. This is an important ingredient in recommending the perfect individualised skin treatment programme to achieve the results you desire.

We offer a range of Leading Professional Beauty Products in our treatments and for you to use at home. Our experienced Therapists are committed to attending to your skin concerns to provide you with the best possible results.

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