



TEEN TOPICS

Skin Care Tips For Teens And Twenty-Somethings

(NAPSA)—A busy schedule can really take its toll on the skin of teens and twenty-somethings.

Fortunately, there are simple ways to soothe and protect skin. Dr. Lydia Evans, L'Oréal's consulting dermatologist, answers some common questions about what causes breakouts and how to stop them.

Q: What makes skin break out?

A: Increased production of sebum (oil) traps dead skin cells in pores, leading to blemishes.

Q: What are the triggers for breakouts?

A: Hormonal change is a primary cause of acne. Irregular sleep can also affect the balance of hormones and lead to breakouts. Stress is another trigger—whether from academic and peer pressure, exams, social activities or relationship issues. Even “good” stressors such as dating and learning to drive can affect hormonal balance.

Q: Will changing my diet help to prevent breakouts?

A: That is one of the great myths about acne. Eating French fries, chocolate or pizza has no effect upon your skin, although too much junk food can lead to other health problems such as obesity. Stress can cause both breakouts and overeating, so beware and find a healthy way to manage it, such as exercise.

Q: Is it bad to squeeze a pimple?

A: Yes! This can lead to permanent scarring. Apply a warm compress to help bring a blemish to the surface, then apply a spot treatment such as L'Oréal's new Pure Zone Spot Check—it will absorb more quickly and dry it out faster.



Teens and twenty-somethings should use lighter creams and lotions than their moms do.

Q: What's the best way to keep my skin clear and healthy looking?

A: I recommend a three-step daily skincare regimen including cleansing, toning and moisturizing with spot treatment when needed. Be careful to remove makeup before bedtime. Don't stop taking care of your skin when breakouts diminish—it may start all over again.

Q: Is it okay to moisturize my skin even if I have acne?

A: Yes, acne-prone skin still needs moisture. Choose a non-comedogenic moisturizer that's specially designed for young skin, such as Pure Zone Skin Relief Oil-Free Moisturizer. If your skin is very oily, use only once a day or only in the dry areas. Don't use your mother's creams or lotions—their richer formulations can cause pores to become blocked and worsen breakouts.

For more information about developing a regimen to combat breakouts, log on to www.lorealparis.com/purezone.