

TEEN TOPICS

What You Need To Know About Teen Skin Care

(NAPSA)—Parents of teenagers know how difficult it can be for their teen to obtain clear, healthy skin and how much doing so can affect his or her confidence and self-esteem.

The first step to helping teens is knowing the facts. Annet King, Director of Training and Development at The International Dermal Institute and Dermalogica, offers clarity on common myths associated with the unique skin challenges that teens often face.

Myth No. 1: Breakouts mean that skin isn't clean.

Reality: It's actually the opposite, as overcleansing skin with hopes to clear up breakouts only triggers more breakouts by stimulating an overproduction of oil. Overcleansing can cause dryness, which leads to sensitivity and results in fewer protective lipids that keep skin healthy.

Breakouts are blocked follicles, caused by excess dead skin cells, dirt, natural oil production and residue of pore-clogging ingredients such as lanolin and mineral oil.

To get skin clean without over-stripping or clogging pores, try using a foaming wash with salicylic acid, such as Clean Start by Dermalogica Wash Off.

Myth No. 2: All teens need to use to maintain a clear complexion is a basic cleanser and moisturizer.

Reality: Excessive dead skin cells are usually the root of breakouts. Teens should use a mild nonabrasive exfoliant to slough off dead cells, cleanse twice a day with a clay or antibacterial cleanser, and wipe skin with a medicated or hydrating toner, followed by an oil-free moisturizer and sunscreen!

Try products like Clean Start by Dermalogica Welcome Matte SPF 15 or Brighten Up SPF 15.



Excessive skin cells can cause breakouts. Teens can use a mild nonabrasive exfoliant to slough off these cells.

Myth No. 3: When shopping for skin care products, teens should only buy oil-free products.

Reality: The two most important qualities that teens should look for are products that are non-comedogenic and do not sensitize skin.

- Ingredients to avoid include D & C dyes, isopropyl myristate, lanolin and mineral oil—all pore clogging.

- Good ingredients to look for include salicylic acid (to exfoliate dead skin cells and minimize acne formation) and zinc (an antibacterial that regulates oil).

Myth No. 4: Toothpaste dries up breakouts.

Reality: Toothpaste can actually stimulate breakouts on the chin and around the mouth. Toothpaste is for teeth!

Products like Clean Start by Dermalogica Hit the Spot are for breakouts. This concentrated spot treatment helps banish blemishes while controlling future breakout activity.

For more information on how your teen can achieve healthy skin and to learn more about Clean Start by Dermalogica, visit www.cleanstart.dermalogica.com.