

TEEN SKIN

All about Acne and breakouts.

Firstly it is about understanding what is going on with your skin. As you enter into puberty (any age from 10 onwards) your skin begins to change. What happens is that your hair follicles and oil glands begin to mature like the rest of your body, so you start to notice little blemishes and blackheads on your face especially around your forehead and chin. Why these areas? because we have 400-900 glands per cm² on your chin, forehead and mid back. You even have heaps in your ears! Most oil glands are on your scalp 800 per cm², that is lots. That's why you may also find you are getting really oily hair and a dandruff scalp during these teen years.

Why the break outs and extra oil? well along with the oil glands maturing you have a production of extra oil - not just any oil it is a teen oil which can be thicker and stickier which finds it hard to get to the surface of the skin due to smaller follicles. Then there is dead skin cells which are constantly being shed and trying to get out of the follicle as well, and presto you have a pimple or blackhead.

All is normal though as most Acne or teen breakouts are related to the natural release of hormones, one in particular called Androgens. As we are all individuals the hormone levels are different in each one of us so the degree of Acne or breakouts will differ with each and every one of us. The most important thing is not to stress as this will increase your hormone levels and start a chain reaction causing more skin problems.

Things you can do to manage your teen skin.

1. Cleanse 2x daily with a mild cleanser , preferably containing salicylic acid (this helps keep dead skin cells moving off your skin - like granular exfoliates but heaps gentler)

WHY CLEANSE

- because your skin is typically oilier, and you need to keep your oil free flowing so getting off the extra helps a build up

PS. Don't think drying your skin out will help as the more you dry it out the more blocked your pores will get and the skin will think it needs to produce more oil.

So be aware don't use Benzac based product all the time.

- you need to wash off daily dirt, grim, sweat, dead skin cells.
- makeup, sunscreens

Teens if you can do this 2x daily that is a great start. Points to remember -

1. Cleanse 2x daily
2. hands off your faces - adds to dirt and grime and rubbing can increase oil causing more breakouts. I know you all do it even though you don't say you do.
3. drink plenty of water 6-8 glasses and lay off the soft drinks and energy drinks the sugars are really bad.
4. eat a well-balanced diet
5. get enough sleep, breakouts clear quicker as your body is in repair mode at night

6. change your pillowcase often 2x week, as oil, dirt, sweat, dead skin cells can build up on the pillow case adding to the dirt on your face.
7. relax, meditate, have time out doing fun stuff, as it upsets your hormones
8. treat yourself to a facial or do home facial - we can cover that in another issue.

Remember beeing a teenager is great and only happens once in a life time so enjoy, there is always help at hand if you need it.

Linda