# Teenage Skincare

In this newsletter we will discuss the importance of Teenage Skincare. Establish Daily Routines to combat breakouts and prevent expensive later-in-life corrective procedures.

# Teenage Skincare

**Step 1:**
Establishing a routine and sticking to it, is the key here! Your teen's key focus at this stage should be to unclog pores, minimize breakout-causing bacteria and control oil. Thorough cleansing, toning and moisturizing day and night is a good start, as well as incorporating products that work to reduce impaction plugs, kill bacteria, control excess sebum and reduce Inflammation.

**Step 2: Let's talk about diet....**
Eating a well balanced diet with fruits and vegetables is important. Cut out sugar, processed and fried foods. Whey protein and dairy can cause inflammation on the skin leading to sensitivity and scarring. Drink more water to help flush out toxins, carry nutrients through the body and improve blood circulation.

**Step 3: Hands off your face!**
The oil and bacteria from your hands spread and cause more breakouts. Do not pick or attempt to do extractions on yourself. Always leave that to a professional. You never want to trade a pimple for a scar. Scarring will only lead to expensive corrective procedures. Prevention is key!

The healing "purple" marks left behind can be treated. Look for ingredients with Niacinamide and Hexylresorcinol, they both work together to fade post-breakout marks, improving uneven skin tone.

**Step 4: Sanitize your phone!**
Your phone has seven times more germs than a toilet seat. Yuck!
Use a Clorox wipe (or similarly like), daily to sanitize your phone.

**Step 5: Establishing a Skincare Routine**
Always consult with an esthetician. We will go over factors that are specific to you (oiliness, dryness, hormones, genetics etc) and come up with a tailored skincare routine.

A. Cleanse your face in the morning & evening and after any exercise or sporting activity. Don't cleanse with very hot water, harsh soap, vigorous scrubbing movements, or rough loofahs and brushes. It will only make breakouts worse.
B. Apply treatment products as directed by your esthetician
C. Use toners - stay away from alcohol based products as this will lead to more oil production
D. Wear SPF!!! Daily and reapply every two hours.

*~Avoid comedogenic (pore-clogging) ingredients, which can worsen breakouts. Keep sensitive skin in check with soothing, cooling ingredients and soap-free cleansers.*
*~Avoid using fabric softener sheets, which are made of animal fat (namely beef lard), not to mention artificial fragrance. This comedogenic coating can get on pillowcases, irritate skin and clog pores.*

**Step 6: Schedule Acne Facials**
~Weekly for cystic acne
~Biweekly for acne grades 1 and 2- which consist of blackheads & pustules

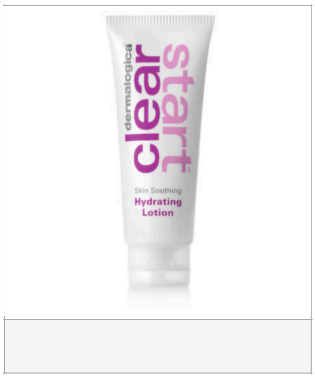
# Acne Facials?

Facial that targets acne at the root cause. Includes a detailed skin analysis with a tailored skin care routine, extractions and a path to get you breakout free. Save 10% on products when purchased day of treatment!

# My Favorite Dermalogica Acne Products

| **Dermalogica Clearing Skin Wash 8.4 oz** | **$39.00** |
|---|---|

This breakout fighting, foaming wash clears away dead skin cells, dirt and excess oils that clog pores and cause breakouts. Use on your face, back, neck...wherever skin requires deep cleaning and pore clearing for fewer breakouts.




| **Dermalogica Skin Soothing Lotion** | **$22.00** |
|---|---|

Say goodbye to dehydrated, breakout-irritated skin with this lightweight moisturizer! Sheer, easy-to-apply formula helps soothe discomfort and hydrate areas that feel dry. Also helps relieve the dryness often associated with some acne treatments.

| **Dermalogica Black Head Fizz Mask** | **$21.00** |
|---|---|

Clears pores and blackheads Use 2–3 times per week, more if needed. This unique mask's active fizzing formula effectively clears pores and helps target blackheads. Technology activates upon application, helping to open pores, decongest skin and facilitate blackhead clearing.

| **Breakout Clearing Booster** | **$21.00** |
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Clears breakouts fast. Use daily a.m. + p.m. as needed. This fast-acting booster, formulated with Salicylic Acid, helps combat breakout-causing bacteria for rapid skin clearing. Patented TT Technology and Phytoplankton Extract work with skin's natural microbiome and help prevent over-drying.

| **Dermalogica Age Bright Spot Fader** | **$45.00** |
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This two-in-one spot treatment reduces the appearance of active breakouts and post-breakout marks. Salicylic Acid works to clear breakouts, while Niacinamide and Hexylresorcinol work synergistically to fade post-breakout marks, improving uneven skin tone

# Want to sample them first?

clearly matte kit
This Clearly Matte Kit contains Breakout Clearing Foaming Wash to deep clean and purify skin, Breakout Clearing Booster to help clear breakouts fast and Clearing Defense SPF30, to hydrate and defend against harmful UV rays without clogging pores. Kit includes Breakout Clearing Foaming Wash 2.5 oz / 75 mL, Breakout Clearing Booster 0.34 oz / 10 mL, and Clearing Defense SPF30 0.5 oz / 15 mL.

| **Dermalogica Clearly Matte Skin Kit** | **$29.50** |
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*Purchase Acne Products in my clinic.*
*Call or message me for curbside pickup.*

I look forward to see you soon,

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