

Teen Skincare and Facials (Acne related)



TimeOut Aesthetics and Beauty Treatments

Teen aged from 12-18:

Treating teen skin (ages 12 to 18) is all about building healthy habits, preventing breakouts, and protecting the skin barrier without overdoing it.

Teen skin characteristics:

- Often oily or combination
- Hormonal changes (especially during puberty) can trigger:
 1. Acne
 2. Blackheads and whiteheads
 3. Shiny T-zone
 4. Occasional sensitivity



Teen skincare goals:

- Gently cleanse without stripping the skin
- Control oil and breakouts
- Keep the skin hydrated
- Build simple, sustainable habits

Basic teen skincare routine:

1. Cleanser (AM & PM)
 - Use a gentle foaming or gel cleanser to remove dirt and oil.
 - Look for:
 - Salicylic acid (1–2%) if acne-prone
 - Fragrance-free if sensitive

Example: DermaPlex Triple Action Cleanser wash:

1. Exfoliate with microbeads and polishes the rough skin
2. Refines the pores
3. Gently cleanse the skin with gel foam cleanser (soap free)

2. Moisturizer

- Even oily skin needs moisture to stay balanced.
- Go for oil-free, non-comedogenic (won't clog pores) products.
- Light textures like gel/cream base or lotion products.

Example: DermaPlex Day tone moisturiser (SPF included) N/C skin types

3. Sunscreen (AM only)

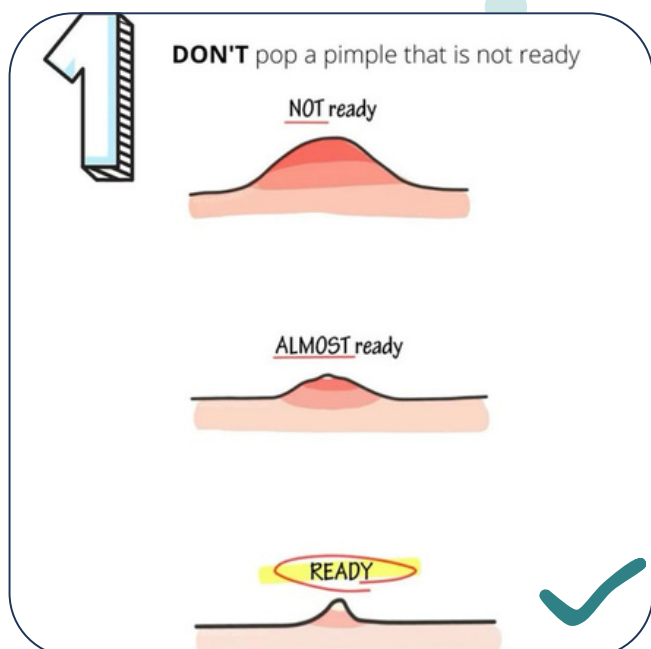
- Daily SPF 30+ protects from early sun damage and dark marks/scarring from acne.
- Choose lightweight, non-greasy formulas made for acne-prone skin.





Optional Treatments:

<u>Concern</u>	<u>Treatments</u>	<u>Facial</u>
Acne	Spot treatments (benzoyl/salicylic)	Teen facial with extractions
Blackheads	Exfoliation, Clay Mask, Drink Water	Teen facial, steam, extractions, serums
Oiliness	Oil-free mattifying toner or spritzer	Hyaluronic acid/peel to hydrate the skin
Inflamed Breakouts	Soothing (aloe or zinc-base) calming gel, AHA exfoliation (no scrub)	Peel facials, high frequency treatments and oxygenated serums
White Heads	Gentle AHA Exfoliation, (dry-combination/sensitive skin type) Hydrate skin and increase water intake	Teen facials, gentle extraction if needed, high frequency treatments, hydration mask



What to avoid:

- Harsh scrubs or rough exfoliants (can worsen acne or irritation)
- Alcohol-based toners (drying and stripping the skin/pH)
- Over-cleansing (no more than 2x/day) **DOUBLE CLEANSE AT NIGHT ONLY**
- Picking at pimples (leads to scarring) **WAIT UNTIL IT IS READY TO POP AND USE TISSUES WRAPPED AROUND FINGERS/ DON'T OVER PRESS EITHER**

DO IT FOR YOUR FUTURE SELF

POST-PUPERTY

Skincare and Facials

Post-puberty aged from 19-25:

The skin naturally changes between the ages of 19 and 25 as your hormones stabilize, lifestyle shifts (like stress, diet, or sleep) become more noticeable in your skin, and early signs of skin aging or imbalance may start to appear

Hormonal Shifts Settle:

- **Age 19–21:** Skin may still show signs of hormonal acne, especially around the chin/jaw.
- **Age 22–25:** For many, breakouts reduce, but adult acne or stress-related breakouts can appear.



Oil production begins to balance:

- Teen skin (before 19) is usually oilier.
- In early 20s, sebum levels start to normalize, though skin can still be combination.
- You might notice less greasiness, but still the occasional shiny T-zone or clogged pores.

Skin Barrier Gets Stronger (or Weaker with Lifestyle)

- A healthy lifestyle (hydration, good products, less sugar, healthy diet) strengthens your skin barrier.
- Poor sleep, alcohol, or skipping skincare can lead to sensitivity, dullness, or redness in your early 20s. (ladies; sleeping with make-up can cause clogged pores)

Collagen Production Slows (around age 25)

- From 25 onward, collagen and elastin production starts to decline gradually.
- This is when fine lines may first appear, especially around the eyes or mouth (called "expression lines") PRE-MAUTRE AGING

Sun Exposure Accumulates

- Sun damage from your teens may start to show as pigmentation or uneven tone.
- By 25, daily SPF becomes essential to prevent premature aging and discoloration.

(ALWAYS APPLY SPF EVEN ON A CLOUDY DAY)



Key differences between 19-25:

<u>Skin factor</u>	<u>Age19-22</u>	<u>Age22-25</u>
Oiliness	Often still high	Starts to balance (When using correct skin products to skin type)
Acne	Hormonal or cystic	May fade or shift to stress breakouts, dehydration or unhealthy diet
Texture	Smooth, bouncy	Can show early signs of aging, roughness, dullness if lack of hydration
First signs of aging	Rarely	Fine lines can start showing (expression lines) or pigmentation
Skincare focus	Oil control, acne care, skin routine, facials	Hydration, protection, long-term maintenance and healthy lifestyle routine, monthly facials, home care products

Skincare focus:

Age 19-22	Age22-25
keep it simple	Start building your adult skincare routine
Cleanser	Add serums, gentle exfoliations, masks and vit C
Oil-free moisturiser/ according to skin type	Retinol, Eye creams, Eating more veggies
SPF always	HydraFacial or gentle aesthetic peel
Spot treatment, healthy routines	SPF Always and at night Vit C
Regular facials	Aesthetics treatments as advised



We all want to age gracefully