

## **Understanding pre teen and teenage skins .**

Before puberty starts the sebaceous gland lays dormant, it starts to produce sebum as puberty starts .

Then gradually puberty begins and the hormones slowly kick in.

Sebum starts to flow.

As every child hits puberty at different ages, we say pre teen, as some children as young as 9-10 can start to see changes in their hormones.

If the skin you see has not yet used any over the counter products then you will know this is the true skin.

If this skin has been using medicated or over the counter products you may need time to work out what is the underlying problem of the skin and what has been caused by the products they are using.

## **Changes in the Skin during puberty.**

The changes a pre teen or teenager can start to see are :

The skin may feel gritty and rough.

The area around the nose can look dry and red .

The forehead can look very bumpy or feel lumpy.

Start to see Blackheads or sebaceous filaments on the nose and around the nose.

White heads around the forehead nose and chin

Pimples and lumps under the skin .

All these changes happen slowly and not all skins get all these changes .

This skin does not necessarily become a Grade 4-5 Acne

## **What causes these changes**

Your sebum will either have a thin viscosity or a thicker viscosity depending on your hormone levels

The keratinocyte cell will start to product more cells thus creating a build up of excess keratinisation

This combination of an over flow of oils and excess skin cells, makes it easier to understand why the problems then occur.

You may also see an under lying inflammatory response within the skin.

It is important not to think that by removing the sebum you will help the problem or that peeling such a young skin will help this skin

## **A BIG NO NO....**

The use of **ANY** over the counter products. There are 100 's and 100's of them and as there are so many it is quite clear none work.

If anything all they do is strip the sebum thus causing an imbalance in the pH which in turn will exacerbate the problem even more.

We have done over 50 studies with pre teen and teenage skin. The one thing that we saw, was once we took them off their over the counter products their skins improved . This was before we had even touched the skin.

Education is the key, once you explain how the skin wants to be treated and how they have to look after their skin, the skin will improve as the skin will no longer be picked, scrubbed, over cleaned.

*Modern science has taught us that Spots are not caused by the skin being dirty or due to bacteria.*

*We need to EDUCATE our clients on how the skin works and what it really needs*

## What to do and why

Keep the routine simple.

The top products we recommend are

- ◆ **Cleansing Milk:** this is ideal to start a young girl on especially if she is using make up, she only needs to cleanse at night.
- ◆ **Soothing Lotion:** this can be used as a cleanser for boys or girls that do not wear make up. It will calm down redness and soothe inflammation. Can be used on damp cotton wool in the evenings and in the mornings if they feel the skin needs it.
- ◆ **Enzyme Skin Renewal:** the enzyme will help to gently slough off any excess skin cells. It works fantastically well on black heads lumps under the skin and the general grittiness. To be used once a week and to leave on for 20mins. It can leave the skin a little pink.
- ◆ **Hydrating Lotion:** a light lotion that will help with hydration and not leave the skin oily or shiny
- ◆ **Treatment Gel:** A very effective treatment to help break down the keratin plugs, ideal for the lumps under the skin.
- ◆ As for blending a serum the Actives to use can be

Liposomes concentrate plus ,Zinc ,Evening primrose ,Linseed ,Vitamin B ,Vitamin A Phyto hormone

Depending on the skin and what you see will depend on the actives you use .

There are no protocols. As no two skins are the same you need to look at all the variables within the skin. A rule of thumb is Always treat the majority skin condition you see. EG: If there is more redness treat for inflammation, not for the spots.

It is important not to throw a lot of products at these skin, start slowly and see what works. This is why we suggest trial pots.

Setting your clients expectations as to how their skin will change and what they should expect will keep client retention. It is important your client works with you and they understand why they need to do as you ask.

Problem skin is a hormonal, we can not stop the hormones we can not stop puberty, we can not stop SPOTS.

We can make the skin a better environment so the spots they get, do not cause as much damage to the skin, do not last as long, and eventually they may not get as many.

## Things to think about .

Even though girls are starting their periods at a much younger age puberty can still take till at least 18-20 to completely settle

Boys are said to settle at around 22-25

If there is Acne in the family the skin may get worse around 15-16 even as late as 20, for boys till 25.

Having the odd spot, black head, white heads or congestion on forehead, is not a indicator of getting Acne.

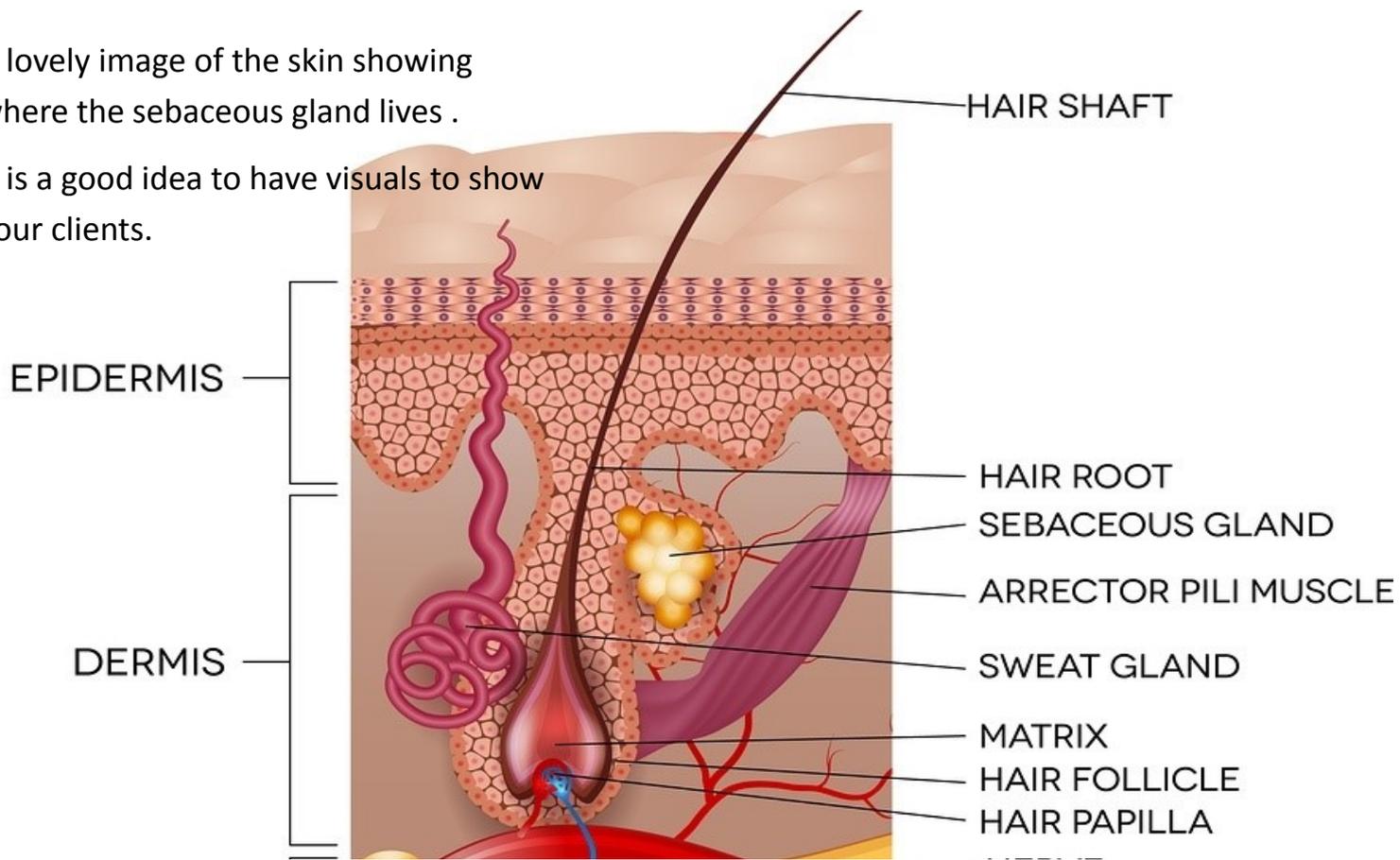
Most teenagers will grow out of this stage once their hormones settle .

If you educate a young teen on how to look after their skin at a young age they will not be plagued with problem skin for the rest of their lives .

If you need any more help or advice please just e mail me . [donnaglazer@me.com](mailto:donnaglazer@me.com)

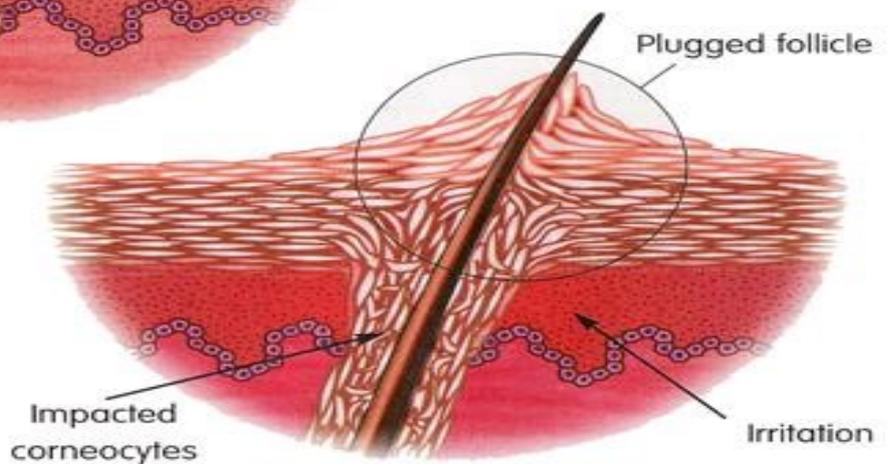
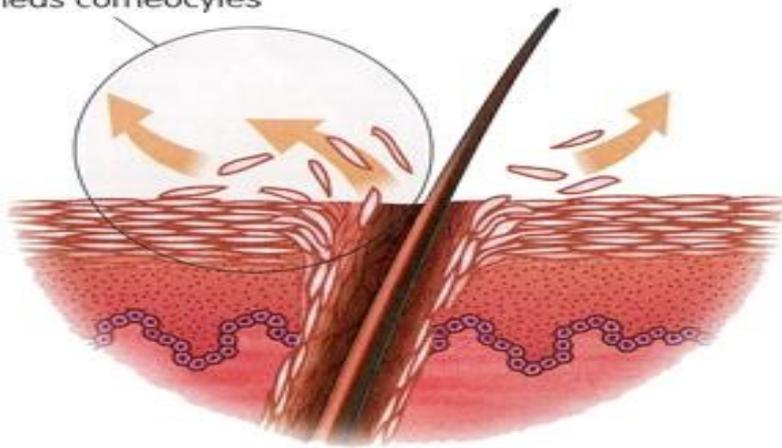
A lovely image of the skin showing where the sebaceous gland lives .

It is a good idea to have visuals to show your clients.



Sheds corneocytes

A keratin plug

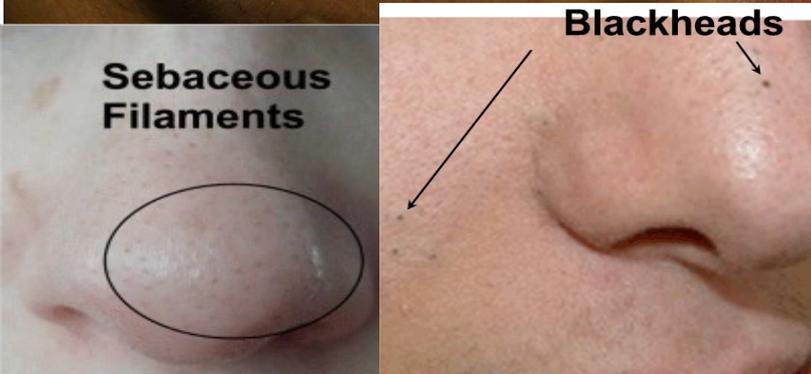




Typical teenage forehead



Black heads: As a lot of these blackheads are impacted. Our moto is "Extraction works well on impaction"



Know the difference between a black head and sebaceous filaments



An inflammatory response on this skin, you would treat the inflammation before you treat the spots.

Find the cause of this inflammation first.