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Take Better Skin Back to School: Teen Skincare Tips

begin with simple, consistent daily care and better product choices

Virginia Beach, VA –No one wants to begin a new school year or first year of college with angry, inflamed skin. Each summer break, teens and their parents come to Spa Phoenix, a medi/day spa in Virginia Beach, in search of therapies and personal care guidelines for better skin. Spa Phoenix’s licensed estheticians use protocols developed by cosmetic surgeon, Matthew Galumbeck, MD, in their consultations and treatments with young patients.

For teens desperate to say ‘adios’ to acne, the spa’s estheticians begin with intervention and education. First they apply a teen facial specially devised for younger clients with inflammation prone skin and resulting acne and blemishes. For those who use makeup, the esthetician is an advisor who helps younger clients make sense of skincare product and makeup selection and application. Finally, for all, there’s homework – basic tips for daily care - with lifelong benefits.

Teen Skincare 101: The Basics for Better Skin

- **Establish a daily regimen.** Every teen, male and female, should have a basic, easy to follow three step skincare program for every day. Cleanse to remove excess oil, dirt and makeup. Exfoliate to prepare the dermis for skincare. Moisturize to restore hydration.
- **Use Sunscreen.** Young people treat their teen years like some sort of UV Happy Hour where the usual warnings about sun damage, and the use of sun blocks and products containing SPF, no longer apply. Sun damage in the teen years has lasting implications - use SPF *now*.
- **Stop doing that.** Mom is right. You shouldn’t touch your face so much.
- **Consistency is the key to skincare.** Every teen’s daily regimen should be unvarying in its tools: clean water, a fresh wash cloth, and non-irritating cleanser, exfoliator and moisturizer chosen for their skin condition and type.
- **Escape the acne/makeup downward spiral.** Teens get blemishes. Teens cover blemishes with makeup. The wrong makeup irritates skin, causing more breakouts, which elevates makeup use. Dr. Galumbeck’s advice is to “invest in mineral cosmetics.” True skincare makeup, mineral cosmetics boast pure, anti-comedogenic formulations that cover without irritating.
- **Look for... the magic words** that signify “good for you” on skincare/ makeup labels: **non-comedogenic, hypo or anti-allergenic, and anti-irritant.**
- **Avoid** products that contain these ingredients: lanolin, DNC red dye (found in blushers and bronzers), isopropyl myristate (paraffin – a major pore clogger).
- **Begin skincare early.** Serious commitment to skincare is not a 30th birthday afterthought. Good choices, and habits begun early, yield healthy skin through the years – with immediate benefits, too, like clearing up problem skin by the first day of school.

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Matthew Galumbeck, MD is a board-certified cosmetic plastic surgeon with over a decade of clinical experience. Published in medical journals, Galumbeck is member of the faculty of Eastern Virginia Medical School. He is medical director of Spa Phoenix, a medical/day spa in Virginia Beach, founded in 2000. His skin care line, Skin Amnesty[®] is a ‘smart’ skin care system developed to offer women and men a regimen to maintain the results of their plastic surgery, and potentially delay the need for further surgery, by restoring healthy skin and protecting it from environmental damage.

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