

TIME FOR TEENS

While continued gentle care of the skin holds true throughout a child's preteen years, hitting puberty changes everything. The good news is that if breakouts become an issue, there are dermatological breakthroughs that can help.

According to Dr. David E. Bank of the Center for Dermatologic, Cosmetic and Laser Surgery in Mt. Kisco, N.Y., approximately 90 percent of individuals in their teen years will have some manifestation of acne, which can range from blackheads to scarring to everything in between. Dr. Bank says that whether or not a teen should see a dermatologist is a highly individual decision.

"The reaction to skin eruptions is very personal," says Dr. Bank. "Some people may have just a few pimples but be emotionally crippled by it, while others may have a lot and be absolutely untroubled. The simple threshold is this: If whatever you can do on your own is not adequate and what you see in the mirror makes you unhappy, then you should seek out a professional."

With mild breakouts, most people start with over-the-counter remedies. Acne-specific cleansing products are made by Neutrogena®, Phisoderm® and Biore®, to name just a few. Also, Dr. Glaser recommends pimple



creams containing benzoyl peroxide, which is found in products made by Clearasil®, Clean and Clear® and Murad®. However, Dr. Glaser warns of overdoing the idea of "drying out" pimples because drying the skin is not necessarily a good idea.

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"The face shouldn't be washed more than twice a day and toners or astringents shouldn't be used," says Dr. Glaser.

What both Drs. Bank and Glaser prefer is to see kids come in before they start treating their skin themselves. A professional can work with the child to design a course of treatment that can prevent breakouts without causing damage to the rest of the skin.

MOMS AND DADS

Men and women in their 20s should continue a cleansing and moisturizing skin care regimen.

"Everyone needs to use sunscreen; they're the best anti-wrinkle creams we have," says Dr. Glaser. "And as we get older we need to start working on moisturizing."

Dr. Glaser says a mild cleanser and mild moisturizer are all the products one needs until the mid-30s when fine lines may begin to

appear. Some people may have even more obvious creases between their eyes or on their foreheads known as "worry" lines.

This is the time, says Dr. Glaser, to make the switch to a heavier moisturizer and to perhaps begin using

skin products containing alpha-hydroxy. These products are commonly available, from creams made by Olay® and Neutrogena® and found in the local drug store, to more expensive offerings from Lancôme® and Elizabeth Arden®.

Men should switch to a moisturizing after-shave lotion, but as Dr. Bank points out, men's skin simply doesn't show age like women's skin does. Although no one knows for sure why this is, he attributes it to a combination of the exfoliating effect of shaving and the simple fact that men have thicker skin than do women.

As with teens and acne, Dr. Bank notes that one's reaction to aging skin is highly personal. One person's "laugh lines" may be over the line for someone else. His advice is to live with it if it doesn't bother you, but if it does, see a dermatologist. They may not be able to bring back that beautiful baby skin, but they can help improve the skin you're in. ✨



family skin care essentials

by Melanie Vasseur, esthetician and founder of Vasseur Scientific Skincare

DURING PREGNANCY, use a cleanser that does not have Sodium Lauryl Sulfate, which can clog pores and irritate acne, and wear sunscreen and a hat to prevent the mask of pregnancy (pigmentation of the face).

TO PROTECT BABY'S SENSITIVE SKIN, look for gentle products that won't cause rashes. Some baby shampoos contain Sodium Lauryl Sulfate that can cause even babies to get "breakouts."

GROWING KIDS often neglect basic hygiene. Teach kids the basics of washing their faces and applying sunscreen regularly.

ADOLESCENTS can reduce the chance of breakouts by drinking lots of water; cutting down on sweets, which can aggravate some skin types; and washing their faces with a mild cleanser.

BUSY MOMS tend to neglect their own needs, but facials and quality skin care

products can work wonders for building self-esteem and radiant skin.

DADS ON THE RUN can use multi-tasking products, such as a moisturizer and SPF all in one, to help maintain a glowing complexion.

For more information on skin care, visit Melanie Vasseur's Web site at www.vsskin.com.