

## **A Holistic Approach to Teenage Skin**

*Source: Neal's Yard Remedies*

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*Neal's Yard Remedies launch organic skincare product Mahonia Clear Skin Gel which has considerable rewards in the fight against both teenage and adult acne.*

Having acne and problem skin can be devastating to a teenager. Latest research indicates that 90% of teenagers will experience acne at some point and it can range from an annoying pre-date pimple to severe and chronic acne that can leave life-long emotional and physical scars. Natural Remedies can help treat this condition.

For most teenagers, Clearasil and other non organic skin care chemical acne-busting brands are bathroom essentials. However, recent studies have shown that chemicals applied to the skin are readily absorbed into the bloodstream and the use of chemical treatments for acne increases the toxic burden on developing teenage bodies.

Whilst coping with a skin condition without suppressing it with strong medication can be a challenge, a holistic and natural remedies approach to teenage skin can set up a good inside/out organic skincare routine which can help reduce acne occurring and can also help the skin heal without the need for the antibiotics and chemical peels that some young people resort to in their desperation to clear their skin of acne.

### **Top Tips For Clear Skin**

Acne is a skin complaint characterised by blackheads and pustules, usually found on the face and back. The problem is most commonly associated with adolescence and is linked with hormonally-induced hyperactivity of the oil-producing sebaceous glands which are stimulated to produce oil (also called sebum) in excess. The oil then combines with cells found on the walls of these glands and clogs your pores which results in acne.

The causes of skin conditions are often a complex combination of diet, environment, general health, hereditary factors, stress and individual susceptibility. However, every teenager can take positive holistic steps using natural remedies and organic skin care to help protect their skin against acne and help it heal if acne occurs.

There are five simple steps every teenager can take to help keep skin clear and healthy:

#### **1. Drink Water**

It is a mantra of the modern day woman but equally applies to teenagers. Too often teenage skin is left dehydrated by a diet too high in sugar but lacking in water. Drinking plenty of water will help keep the skin clear and hydrated.

#### **2. Feed Your Skin From Within**

Maintaining healthy skin starts with a good diet – try and eat a varied diet with plenty of fresh organic fruit and vegetables, whole grains and avoid too many fatty, greasy or refined foods and additives

#### **3. Keep it Clean**

Clean, fresh air is a must for healthy skin. So regular cleansing preferably with an organic skin care wash is particularly important to clear the pores of day to day grime which can combine with sebum to produce acne.

#### 4. Don't Over-exfoliate

Aggressive exfoliation will not clear your pores better; it will merely irritate and can even dehydrate skin that is already stressed. Try and see exfoliation as a gentle persuasion of the skin to rid itself of dead skin cells and regenerate.

#### 5. You Are Never Too Young To Start

Establishing a good beauty routine is essential to help protect skin from acne and should be adopted as soon as possible.

##### The Holistic Teenage Skin Routine

Taking a natural remedy approach to skincare as a teenager is an effective way of maintaining clear skin and it has the added benefit of helping you eliminate chemicals from your skincare routine which can be absorbed into your bloodstream.

##### Every Day

A good daily natural skincare beauty routine is essential to keep young skin clean, clear and hydrated. Always remove make-up no matter how late you go to bed and make time at the end of each day to:

Cleanse with organic skincare products – gently cleaning away the day's grime will help lessen acne breakouts caused by the over-production of sebum by reducing the presence of dead cells and dirt that can clog pores when combined with sebum. Neal's Yard Remedies Palmarosa Facial Wash (£12) is suitable for all skin types. Palmarosa essential oil is scientifically proven to remove the bacteria that cause acne and has been combined with organic calendula and nettle extracts to create this mild and effective cleansing gel that can be used every day on blemish-prone skin.

Gently Exfoliate - Wiping your face with a warm organic flannel after cleansing will gently exfoliate your skin without stressing it

Tone – Lavender is cleansing and restorative which makes Neal's Yard Remedies Lavender Water (£7) an ideal toner for teenage skin to help reduce blemishes and restore the skin's natural balance. If your skin is inflamed, adding Aloe Vera to the Lavender Water will help soothe the skin.

Moisturise – Young skin needs only a light moisturiser so pick one that is gentle and supportive. Neal's Yard Remedies Organic Skincare Violet Day Cream (£15) contains organic calendula, apricot and violet to help maintain a healthy complexion and for oily or problem skin Neal's Yard Remedies Yarrow & Comfrey Moisturiser (£12 for 40ml) combines almond oil, shea nut butter, comfrey and rosemary to create a non-greasy moisturiser which is great for oily or problem skin.

Drink Plenty of Water – Replace fizzy and caffeinated drinks for herbal teas and water wherever possible to help keep your skin hydrated and stress-free

##### Once a Week

Effective skin cleansing is key for treating acne. As well as your daily cleansing routine, weekly facial steams are a great way of healing the skin and cleansing the pores without adding more grease to the skin. Use chickweed, elderflower and marigold in your steam to cleanse and calm:

- Chickweed: a cleansing herb; good for painful spots
- Elderflower: a soothing, calming and anti-inflammatory herb
- Marigold: a healing, antibacterial and cleansing herb

### When An Acne Flare-Up Occurs

If you are suffering from an acne flare-up, you can take positive non-chemical steps to help your skin recover.

Susan Curtis, Medicines Director at Neal's Yard Remedies, explains, "Many acne gels are very harsh on the skin, which can dry the skin and damage it further. Some acne treatments are also very toxic with damaging side effects. Taking a holistic approach to is an effective, yet gentle way to tackle the problem."

Start by having a facial steam and, immediately afterwards, apply Neal's Yard Remedies Organic Skincare Palmarosa Purifying Mask (£14) to the area which will help deep cleanse the affected area help with its antibacterial properties.

Once you have cleansed your skin, apply Neal's Yard Remedies new Mahonia Clear Skin Gel (£12) to the affected area. The key ingredient, Mahonia extract (Oregon Mountain Grape), has powerful natural remedy anti-bacterial and anti-inflammatory benefits. Its tannin content gives Mahonia an astringency that helps to cleanse the skin and reduce oiliness, whilst retaining soothing qualities

You can also help heal your acne flare up from the inside by taking Neal's Yard Remedies Mahonia Clear Skin Formula (£6). It contains a purifying blend of the skin-loving botanicals mahonia, calendula, gotu kola, thyme, schisandra (also known as magnolia vine - used historically for immune system support and skincare, it is believed to have cleansing benefits) and artichoke; a digestive cleanser used in Chinese medicine which helps to purify and calm the system. Take three times a day by simply adding 2ml to a cup of water.

Follow with Neal's Yard Remedies Organic skin care Hypericum & Calendula Cream (£5.50) which has antiseptic and soothing properties and will work quickly to reduce the severity of your spot.

### For Chronic Acne

Chronic Acne can be very debilitating for a teenager. Support is as vital as expert advice in tackling this condition and Neal's Yard Remedies store staff are always on hand to offer tailored supportive holistic advice to any teenager who is upset by their acne. Simply pop in to your nearest store or ring the Neal's Yard Remedies Advice Line on 01747 834 634 to get free advice from our trained therapists.

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