

The Beauty Spot

Why Must I be a Teenager in Love?

Being a teenager isn't the easiest of times, your body is changing and generating all the conflicts that go with that. For some teenagers, skin problems can make this time more traumatic. Acne Vulgaris (commonly called acne) is a common skin condition in teenagers which affects 85% in varying degrees and can go on into adulthood. It has nothing to do with how clean your skin is; rather it is caused by hormonal changes that affect the balance of your skin. These changes cause large, angry, red spots on the face and upper neck and in severe cases can affect the chest, shoulders and back. Acne can scar the skin and so it is important you resist the urge to cause too much trauma by over-squeezing. If you can't resist the temptation, do make sure your hands are clean and that you have cleansed your face first, use a tissue over your fingers so as not to bruise the skin, then with gentle pressure squeeze. Don't murder it! If it doesn't come out leave it, you will only scar your skin. Make sure afterwards, you wash your face and hands again.

A Question of Skin

In your teenage years it is good to get into a habit of looking after your skin with a routine, whether you are a boy or a girl. You don't need to use many products. Use a face wash that is gentle



to your skin, don't strip your skin's natural moisture especially if you have oily skin. If you do your skin will think it is dry and produce more oil making your skin condition worse! A face scrub is good to use once a week, it helps get rid of and control blackheads but don't rub and scrub at your skin. If your skin feels or looks dry, use a small amount of face moisturiser. When you do have a spot, an excellent product on the market is Clearasil's rapid action treatment cream; it really does visibly reduce spot size and redness.

Naturally Beautiful

Now is a good time to experiment with make-up. Look at magazines, make-up books and perhaps even have a make-up lesson to learn how it should be applied. Make-up doesn't negatively affect your skin condition but not removing it correctly and sleeping in it does. When buying a foundation, choose one that matches your skin colour by trying it on your jaw line not on your hand; you wouldn't choose a pair of shoes on your hand! Keep make-up natural, enhance your beauty don't hide it.

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I am still taking wedding bookings but I have temporarily closed my books to new clients, as I am now at full capacity and wish to ensure that all my existing clients continue to get an excellent and personal service. Thank you to everyone in our villages who support their local Beautician. If you wish to go on my waiting list, please email me at heather@beautybyheather.co.uk with your details.