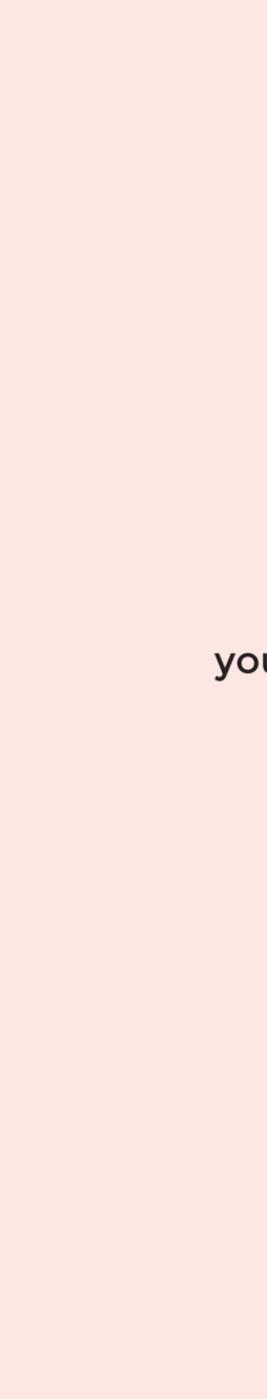


MY TEEN SKIN

AZURA LUNA

MY TEEN SKIN.

the perfect skincare
guide book for teens



**Dedicated to
you and all the teens out there!!**

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intro.

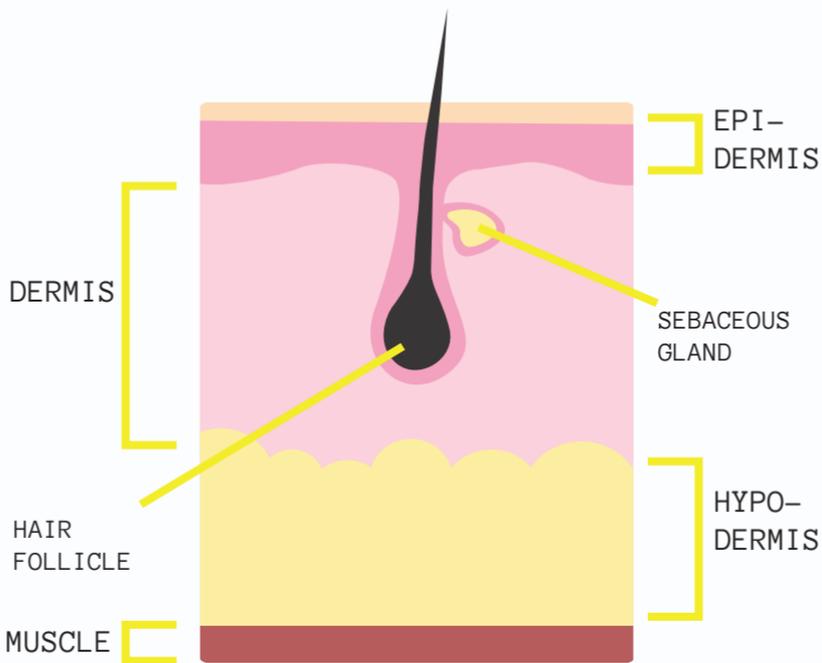
Hello teenagers! How's your skin? Looking great, or maybe there are some problems? Well, it's ok, it is normal among us. This book that I've made is part of my IB's Personal Project, and I'm very excited about it. Here, I'm going to guide you all to have a better understanding of your teen skin! Hope it would be really helpful for all of you and enjoy reading it as much as I enjoy making it!

LOVE,
Azura Luna

**LET'S GO TO
THE
NEXT PAGE!**



SKIN STRUCTURE



EPIDERMIS

THE OUTER LAYER OF THE SKIN. PREVENTS LOSS OF WATER AND DEFENSE AGAINST BACTERIA, VIRUSES AND INFECTIONS.

THE HAIR FOLLICLES, SWEAT GLANDS, SEBACEOUS (OIL) GLANDS AND APOCRINE GLANDS DEVELOP FROM THE EPIDERMAL CELLS.

FOUR MAIN TYPES OF CELLS WHICH ARE, KERATINOCYTES (PRODUCE THE PROTEIN KERATIN FOR SKIN PHYSICAL PROTECTION AND WATERPROOFING), MELANOCYTES (PIGMENT CELLS), LANGERHANS (IMMUNE CELLS) AND MERKEL (SENSORY CELLS).

DERMIS

THE DERMIS LIES BENEATH THE EPIDERMIS AND IS 20 TO 30 TIMES THICKER THAN THE EPIDERMIS. IT IS RICH OF COLLAGEN AND ELASTIN.

HYPODERMIS

DEEPEST LAYER OF THE SKIN, IT'S AN AREA UNDER THE DERMIS, WHICH CONTAINS A NETWORK OF COLLAGEN FIBRES AND FAT CELLS (ADIPOCYTES). IT'S SO DEEP, IN FACT, THAT THE ACTIVE INGREDIENTS FROM YOUR SKIN CARE PRODUCTS WILL NEVER REACH IT.

SEBACEOUS GLANDS

A GLAND THAT PRODUCES SEBUM OR OIL.

WHY DO WE NEED TO TAKE CARE OF OUR SKIN?

Skin is the largest organ of our body.
Work as a shield to protect from the
outside world.

So, it's important to take care of it to help
your skin do its job. If you take care of it
now, then you'll have a healthy and good
skin later in the future.

To have a healthy-looking skin, first, you
need to know your skin type.

HOW TO DETERMINE YOUR SKIN TYPE

1 First thing first, wash your face with facial wash.

Let it dry and wait for about 1-2 hours without using any skincare products.

2

3 Look closely on your skin, match it with the characteristics of each skin type.

You can also use oil absorbing paper to test in which area that you're oily.

4



NORMAL ✨

You're so lucky if you have a normal skin. Your skin has balanced moisture, not too dry nor too oily. You have barely visible pores, few to no imperfections or blemishes, and rarely gets breakouts.



Those who have dry skin would feel tightness, peeling or flaking skin and have invisible pores.

OILY



You'll notice shine and greasiness on your skin, visible or large pores and easily get breakouts.

COMBINATION ++

You might think that oily is the most common skin type, you're wrong. Little did you know, combination skin is actually the most common skin type. Let's see, you tend to be oily on your t-zone (area of your forehead, down to your nose and chin) but dry in other areas.



SENSITIVE

You usually get allergic to certain skincare ingredients, dry and easily get redness in your face, it can be itchy and have a tingling feeling.

ACNE

/’aknē/

Any inflammatory disease of the sebaceous or oil glands of the skin.

acne vulgaris

Is the most common form of acne. It’s usually begin during puberty.

CAUSES OF ACNE

BACTERIA

PROPIONIBACTERIUM ACNES THAT LIVES IN OUR SKIN

GENETICS

PLAY AN IMPORTANT ROLE, LIKE HOW YOUR BODY IMMUNE RESPONDS TO P. ACNES BACTERIA AND HOW EASILY YOUR PORES GET CLOGGED

DIRT

DIRT OR DEBRIS FROM OUR ENVIRONMENT

HORMONES

ANDROGEN HORMONES (SEX HORMONES)

SEBUM

THE OIL PRODUCED BY THE OIL OR SEBACEOUS GLANDS TO MOISTURIZE OUR SKIN.

DEAD SKIN CELLS

THE BUILD UP DEAD SKIN CELLS. NORMALLY, A PERSON SHED 40000 SKIN CELLS PER HOUR

HOW HORMONES AFFECT OUR SKIN?

As soon as we hit our puberty, we started to produce the male hormones or known as androgen (specifically testosterone hormone). These hormones make the sebaceous glands produce extra sebum.

Then our pores will be blocked with the overproduction sebum mix together with dead skin cells, debris and the Propionibacterium acnes are trapped inside.



ACNE VS FOOD

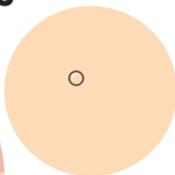
Although the link between food and acne is still in debate, acne has more to do with hormones and genetics than it does with your diet. However, foods that contain sugar (include carbs) may cause acne, since those foods will make our body produces more insulin that will increase the androgen hormone levels which can lead to overproduction of sebum.

DON'T FREAK OUT! You can still eat those foods moderately and to keep your hormone balance & have a healthy skin don't forget to eat plenty of fruits and veggies.

TYPES OF ACNE

COMEDONAL ACNE

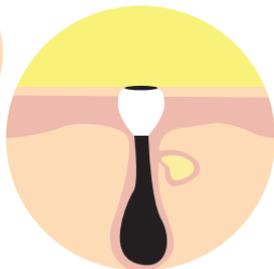
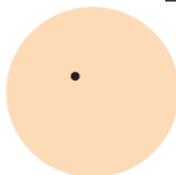
WHITEHEADS



Completely clogged pores that are bulging on the skin's surface with trapped dead skin cells, oil (sebum) and bacteria, which can be called as comedone.

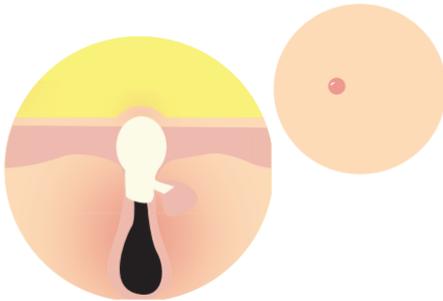
An open comedone with a dark color on top, since the skin melanin oxidized.

BLACKHEADS



INFLAMMATORY ACNE

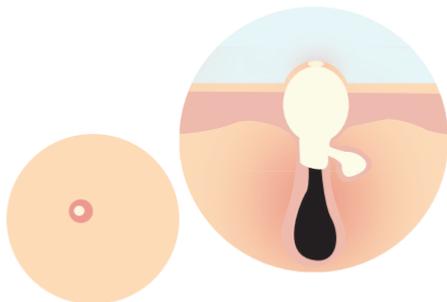
PAPULES



Comedones that become red and inflamed bumps.

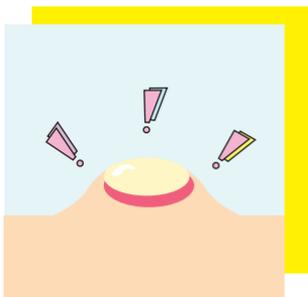
Red and inflamed bumps that filled with pus* in the center.
*a yellowish-white thick liquid that the body produces when it's fighting off an infection, made out of dead white blood cells, tissue and bacteria.

PUSTULES



DON'T POP YOUR ZIT!

When that pus is coming, all you ever want to do is to squeeze it, pop it. You think if you let that pus out, everything will get better, you'll heal the acne,



YOU'RE WRONG! It's really tempting to pop it and somehow it's hard to resist, but if you know the effect, you'll think twice before doing it.

By trying to squeeze a pimple, you're only pressing the pus deeper and cause more red and swollen pimple, also you will add new bacteria from your fingers to your zit!

Once it's popped, it seems that one acne has gone, but actually, the pus will land to other pores and becoming more pimples, what a nightmare isn't it?



The pimple that left popped will lead to an open wound and can caused acne scars or marks, that would be longer to heal and disappear, or even permanent.

That's why don't you dare pop your zit, even if it is whitehead or blackhead, let your dermatologist do the extractions using a clean and sterilized tool.

ACNE SCARS

Once a pimple becomes a wound, our body repairs the injured/damaged tissue. However, after the infection is healing, it could result a scar because some tissue may loss or increase, and cannot be back to its original state.

TYPES OF ACNE SCARS

Usually found on the cheeks, it's narrow and deep to the dermis and just like its name, the skin looks like as if an ice pick has punctured it.



ICE PICK

It's wider than ice pick and has sharply defined edges, usually found in cheeks and temple.



BOXCAR



ROLLING

Caused by long-term inflammatory acne, looks wavy because the edges aren't sharply defined and can become more severe as you aged.

A result of excess tissue caused by deep wound or trauma, it's a bumpy and raised scar.



CELLOID



DARK SPOT

It's actually not a type of scar, it's caused by too much melanin that the body produces after an inflammation. It'll fade away after 3 months. It's flat and can be pink, brown or purple.

INSECURITIES;

Do you ever feel insecure about your skin, and try avoiding every mirrors and camera so you wouldn't see your face, and just hoping that your pimples will be gone in a matter of second. I know how annoying, when you're talking to other people and they just keep staring at your pimples rather than focus on the conversation, "HELLO I'M RIGHT HERE!! CAN YOU STOP LOOKING AT MY PIMPLES?" It's ok to feel that way, we all teenagers do, but don't let that red small or maybe big bumps let you down and make you hate yourself, **THAT'S A BIG NO NO!**

Sometimes, you may be jealous of other people who have a better skin and you thought that it seems impossible for you to have that kind of skin. Hey! nothing is impossible. So don't worry too much and stop comparing yourself with others.

You are beautiful just the way you are, with or without acne. Embrace them, acne doesn't define you, you're still you. Take care of your skin, love them, love yourself and be comfortable with your own skin ;)



SKINCARE PRODUCTS

(necessarily needed)



CLEANSER.

- Used to get rid of dirt and oil on your face.
- Ingredients like benzoyl peroxide or tea tree can help fight bacteria that can cause acne.
- Use a mild cleanser
- Oily skin : gel cleanser
- Dry and sensitive skin : creamy cleanser

TONER.

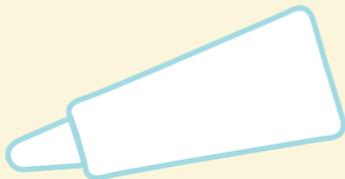
- Cleaning the residue (soap, oil, and bacteria) left on your skin after cleansing.
- Minimize the appearance of your pores temporarily.
- Most toner uses alcohol as their main ingredients, look for other ingredients like aloe vera or glycerin to moisturize our skin.
- Non-alcohol toner : witch hazel or tea tree.
- Exfoliating toner contains Alpha Hydroxy Acid or AHA (good for dry skin, it enhances natural moisturizing) and Beta Hydroxy Acid (oil soluble, great for oily skin)



MOISTURIZER.



- We live in a tropical country, the climate won't easily dry out the skin and it naturally produces oil to keep it moisturize, so those who have oily skin don't necessarily need an additional moisturizer.
- Oily skin (may still use it) : light lotions, gels or oil-free and "non-comedogenic", because sometimes your skin can be oily-dehydrated.
- Recommend for teens with dry skin.
- Ingredients like ceramides or hyaluronic acids that found naturally in our skin are great for dry skin.



ACNE SPOT TREATMENT.

- Dermatologists suggest using salicylic acid and benzoyl peroxide as the active ingredients.
- Salicylic acid works best on blackhead and whitehead since it's BHA (Beta Hydroxy Acid), so they can absorb excess sebum and help to slough your dead skin cells.
- For inflammatory acne, it's better to use benzoyl peroxide because it's an anti-microbial that help to fight bacteria that cause acne and you may use the concentration of 2.5 - 5 %.

SUNSCREEN.



- Protects you from sun exposure and ultra-violet (UVA and UVB) that can cause wrinkles, dark spots even melanoma (skin cancer).
- Make sure it's non-comedogenic so it won't clog your pores.
- Types of sunscreen:

Physical : acts like armor on the skin surface and reflect the ultraviolet, it contains titanium oxide and zinc oxide. Sensitive skin is better to use this one because it doesn't cause irritation and absorb quickly.

Chemical : absorb longer, it takes about 10 minutes before you're ready to go. It absorbs the sunlight and will be released as heat energy. Ingredients like avobenzene, octinoxate, and oxybenzone are usually found in it.

- Use at least SPF (Sun Protection Factor) 30, higher SPF = greasier

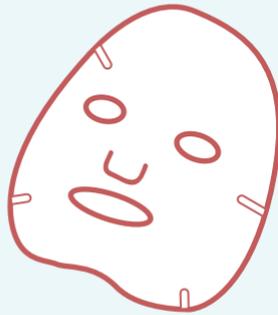
EXFOLIATE.

- Although your skin exfoliates naturally each and every day, it's good to help remove the build up dead skin cells that could cause acne.
- You may use scrubs with tiny grains or use chemical solutions like AHA and BHA.



- Do not use harsh products and over exfoliate, it can cause dryness and irritation.
- Exfoliate after cleansing, every 2-3 days for oily skin and once a week for those who have dry to sensitive skin.

FACE MASK.



- If you ask, is it necessary? Then the answer is NO.
- There's not really a significant result, but usually, it is used to calm down your skin or adding some moisture and hydration.
- You may use sheet mask or wash off mask for dry skin or clay mask if you have oily skin, it'll help to remove excess sebum.
- As long as it doesn't irritate your skin then it is completely fine to use.

ALCOHOL ?

IS IT OK ?

BAD: SD Alcohol (alcohol denat), other names: Ethanol, isopropyl, ethyl, methanol, and benzyl.

Alcohol is added to mix other ingredients together to help penetrate the skin, as a preservative (anti-bacterial) and has a degreasing effect.

These alcohol are drying, irritating the skin and can make acne worse. You'll want to avoid them in your skincare products, but it's ok if the alcohol inside a rinsed off product (facial wash).

GOOD : Fatty alcohol or etyl, etearyl, lauryl, myristyl, behenyl, glycol.

They're not drying or hardly irritate the skin. These alcohols retain moisture in the skin since it's derived from natural fats and oils (coconut and palm oil).

SKINCARE ROU(TEEN)

DRY/ SENSITIVE

MORNING

1. CLEANSE
2. APPLY MOISTURIZER
3. WEAR SUNSCREEN

AFTER SCHOOL/ ACTIVITIES

1. CLEANSE
(IF NEEDED)

NIGHT

1. CLEANSE
2. USE ACNE SPOT
TREATMENT
3. APPLY MOISTURIZER

NORMAL

MORNING

1. CLEANSE
2. WEAR SUNSCREEN

AFTER SCHOOL/ ACTIVITIES

1. CLEANSE
(IF NEEDED)

NIGHT

1. CLEANSE
2. APPLY ACNE SPOT TREATMENT
3. APPLY AN OIL-FREE
MOISTURIZER
(IF NEEDED)

OILY



AFTER SCHOOL/ ACTIVITIES

1. CLEANSE
2. USE TONER

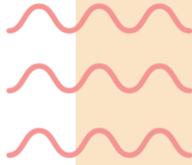
MORNING

1. CLEANSE
2. WEAR SUNSCREEN

NIGHT ✨

1. CLEANSE
2. APPLY ACNE SPOT TREATMENT
3. USE AN OIL-FREE MOISTURIZER (IF NEEDED)

COMBINATION



MORNING

1. CLEANSE
2. WEAR SUNSCREEN

AFTER SCHOOL/ ACTIVITIES

1. CLEANSE (IF NEEDED)
2. USE TONER ON THE
T-ZONE AREA

NIGHT

1. CLEANSE
2. APPLY ACNE SPOT
TREATMENT
3. USE AN OIL-FREE
MOISTURIZER

HOW TO FADE ACNE MARKS

Even though they can fade by itself within three to six months, you can fasten up the process by doing these things:

1. Wear sunscreen to prevent them from darkening, because sun exposure can make them harder to fade and stay longer on your skin
2. Try a vitamin c serum. It's high in antioxidant so it could brighten up your dark spots and help build collagen.
3. Use chemical peel. You can use products that contain Alpha Hydroxy Acid, such as glycolic acid or salicylic acid. Because, those ingredients can promote cell to generate new skin cells, so they can help fade acne marks by exfoliating our dead skin cells.

COVER UP

makeup and acne



Worry if you're using makeup on top of your acne? It's ok, as long as your makeup product is oil-free and non-comedogenic/non-acnegenic, so it won't clog your pores and make your pimples worse.

Don't put too much layer of foundation or concealer and after using your makeup, you **REALLY NEED** to remove them with any makeup remover, then wash your face to make sure it is clean. Don't ever sleep with your makeup on.



TIPS:

#1 CHANGE YOUR PILLOWCASE at least once every two weeks, because bacteria from your saliva, oil from your face and hair are on it.

#2

DON'T STRESS AND GET ENOUGH SLEEP, because if you're stress and have disrupted sleep cycle, your brain will a send signal to the body and activate the adrenaline glands, then they will produce stress hormones (cortisol) that will make the sebaceous glands produce more sebum. Relax, stay calm and sleep for 8-10 hours.

#3 DRINK 8 GLASSES (2 L) A DAY to help flush out toxins from your body so it could prevent acne breakouts.

AVOID TOUCHING YOUR FACE before washing your hands, **#4** you never know how much bacteria and dirt are on your hands and under fingernails

Your phone is dirtier than you thought, as well as your headphone. Make sure to **CLEAN THEM REGULARLY** with alcohol because you don't want the bacteria and dirt goes onto your skin. **#5**

NATURAL SKIN CARE

If you prefer a natural one instead of products that contain lots of chemicals, then it's ok! However, you should be careful, not all natural remedies works and safe for you.

There are already plenty of brands that sell organic natural skincare, but you can also make it by yourself.

ROSE WATER:

Helps to soothe redness on sensitive skin, since they have a anti-inflammatory and antioxidant properties. It works as well for reducing acne by getting rid of sebum. You can also mix it with apple cider vinegar to make a toner.

HONEY:

It acts as an anti-microbial, so they could help kill the bacteria that cause acne. Can be mixed with anti-inflammatory ingredient like turmeric, then use it as a spot treatment. Leave it for 10 min, and rinse it.

ALOE VERA:

It could be used as a moisturizer, soothing your face and also treats your acne. Gibberellins hormone found in aloe vera could reduce skin inflammation and stimulate the growth of skin cells.

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**THANK
YOU.**



