

TEEN BREAKOUTS



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THE 5 ESSENTIALS TO GIVE TEEN
BREAKOUTS THE BOOT!



THEAESTHETICLOUNGE



LEARN HOW TO CONTROL + PREVENT ACNE FOR RESULTS LIKE NEVER BEFORE

Help is here...

With the right tools and know how, let us guide you through the minefield of adolescent skin to clear away and manage your problematic breakouts.

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**THE 5 ESSENTIALS
TO GIVE TEEN
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01 HORMONES?!

02 DIET

**03 HOW TO HELP
YOURSELF**

04 SKINCARE 101

**05 LEAVE IT TO THE
PROFESSIONALS**

01 HORMONES?!

With an influx of hormones that are released during puberty the skin changes. During these changes, the skin can develop more blackheads and become congested and pimply.

PUBERTY HORMONES

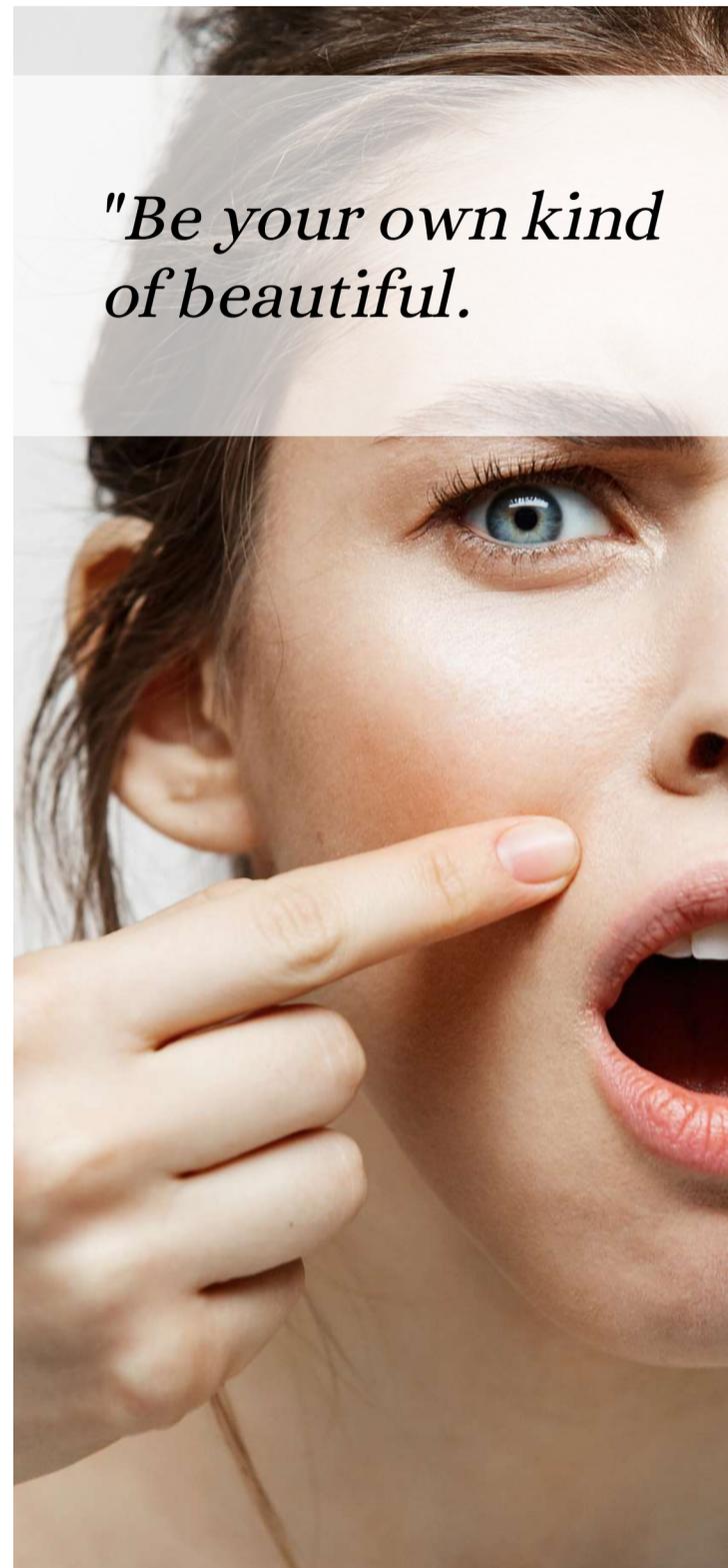
Puberty hormones affect males and females differently. Females tend to fluctuate with their monthly cycle, causing their breakouts to come and go, whereas males generally have a continual flow of breakouts which worsen throughout their teenage years. To help manage hormonal teen breakouts we recommend females increase usage of their prescribed antibacterial and acid based cosmeceuticals the week leading up to their monthly cycle and for males to ensure they are consistently using their cosmeceuticals as prescribed. When the first signs of hormonal breakouts and congestion appear, now is the time to kick-start your homecare product routine and stop breakouts in their tracks.

HORMONAL IMBALANCES

Breakouts can also be an indicator of hormonal imbalances such as PCOS and endometriosis. With the right cosmeceutical skincare, in-clinic treatments and medical advice your breakouts can be a thing of the past.

THANKS MUM AND DAD!

Genetics play a major role in how our skin behaves, especially during puberty. If you look at your parents or the skin of your relatives it will give you an indication of how your skin may behave during this time. This will allow you to start caring for your skin early on to help prevent and manage breakouts as they occur. If your oily skin and breakouts are genetic, all is not lost, we just need to help you work a bit harder to manage your breakout prone skin.



"Be your own kind of beautiful."

02 DIET

When taking control over your breakout prone skin, diet is another key player. Strive to eat fresh foods that are jam packed with the nutrients your skin needs and avoid white foods which will only cause more breakouts and congestion. Eat the rainbow!



"What you eat, your pores excrete!"

DAIRY

When you are prone to breakouts, dairy based foods such as milk, cheese, yoghurt and chocolate cause your skin's natural oils to thicken, leading to clogged and congested skin.

GLUTEN

Gluten is found in bread, pasta and many processed foods and can cause inflammation in the gut. This inflammation stops your body from being able to effectively absorb nutrients that your skin needs for a clear breakout-free complexion.

SUGAR

Just like gluten and dairy sugar causes inflammation in the skin making your breakouts angry and sore. The problem with sugar though is that all teens love it! Making a few simple swaps to sugar-free alternatives will have an amazing impact on clearing up your breakouts.

03 HOW TO HELP YOURSELF

Skin that breaks out, does it for a reason and you are often the cause. These three easy tips will help you to control and prevent breakouts and congestion.



"Great skin doesn't wash off."

MAKE UP

Avoid liquid foundations, concealers and fake tans at all costs. These types of make up products sit on the skin, form a barrier and create breakouts that would never of happened otherwise!! We recommend staying away from using any make-up and fake tans on your face, but if you NEED to cover up, pure mineral powder foundations are the best option and when applied correctly will also conceal breakouts.

KEEP IT CLEAN

Caring for your skin in the morning and evening isn't always enough to keep your skin clean and breakouts at bay. There are times throughout the day where you will be doing activities that cause sweat, dirt and grime to build up on the skin. By repeating your morning skincare routine after these activities you will stop excess breakouts and congestion from forming in the skin.

NO-ONE LIKES A PICKER!

The problem with picking a breakout yourself is that you make it worse. A spot that once started off as a stubborn blackhead or a small whitehead will turn into an angry swollen pimple that just won't go away, will scab and even leave you with a scar. Once picked a pimple can easily spread its infection across the skin's surface, causing your breakouts to multiply and create a gang! Being mindful of how your are habitually touching your face will help you to stop the cycle of excess breakouts and scarring you are causing yourself.

04 SKINCARE 101

Just as the right skincare can create positive changes in your skin, the wrong products will worsen it massively. Getting the right advice when it comes to skincare will be an absolute game changer to give your breakouts the boot!



THE PERFECT EXFOLIANT

Acne skins are prone to dead skin buildup that trap oils and bacteria under the surface, leading to breakouts.

AHA and salicylic acids are the perfect way to exfoliate as they detox the pores without harshly disrupting the skin's barrier and irritating it. Enzyme exfoliants are good for skins that are feeling sensitive, but always avoid using scrubs over pimples as they spread bacteria, causing more breakouts.

"I got 99 problems but my skin ain't 1."

CLEANSER CORRECTLY

Cleansing thoroughly with the right product is paramount to ensuring all excess oils, dirt, sweat and pollutants are removed off your skin. Believe it or not you can over cleanse and strip acne prone skin by using the wrong cleanser. This in turn leads to dehydration and sensitivity, creating more breakouts than you started with.

THE ANTIBACTERIAL APPROACH

Bacteria is one of the main causes of breakouts, by incorporating antibacterial products into your daily skincare routine you will notice a reduction in infection and the spread of pimples. In the right formulation, antibacterial serums and spot treatments reduce red, sore and swollen breakouts by calming and healing your skin's acne.

05 LEAVE IT TO THE PROFESSIONALS

Pimples are not fun and when we get them you just want them gone. Seeking our professional advice will help you navigate your teen breakouts to achieve clear skin again.

TIME FOR CHANGE

If you feel like you've tried every product to combat your breakouts but still nothing is working, it's time to seek professional advice. Our Dermal Therapists are skincare experts and through accurately diagnosing the cause of your acne, along with our cosmeceutical products and skincare tips you will notice changes, fast.

NO MORE TRAUMA

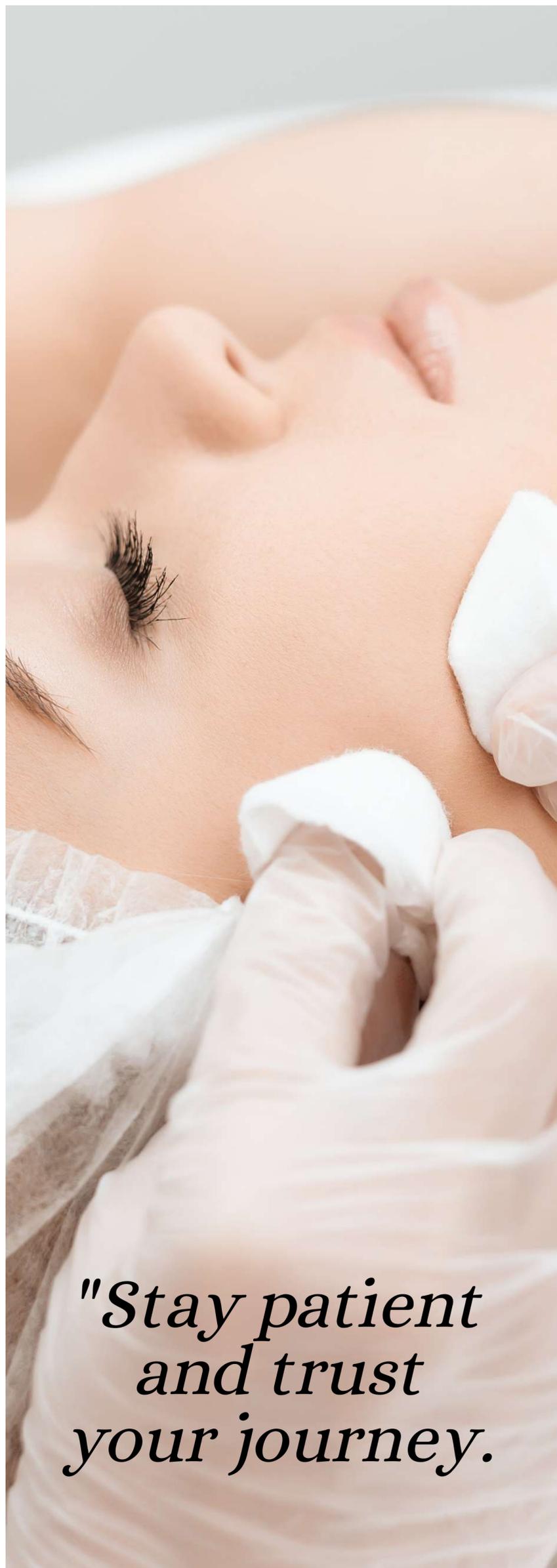
At The Aesthetic Lounge we invest in the highest quality training and equipment which allow our therapists to successfully manage acne breakouts quickly and with minimal trauma, avoiding pigmented and indented scarring often seen after a breakout has occurred. Through the right combination of our in-clinic treatments, we will minimise the want for you to self-treat and traumatise your skin at home.

WHERE DO I START?

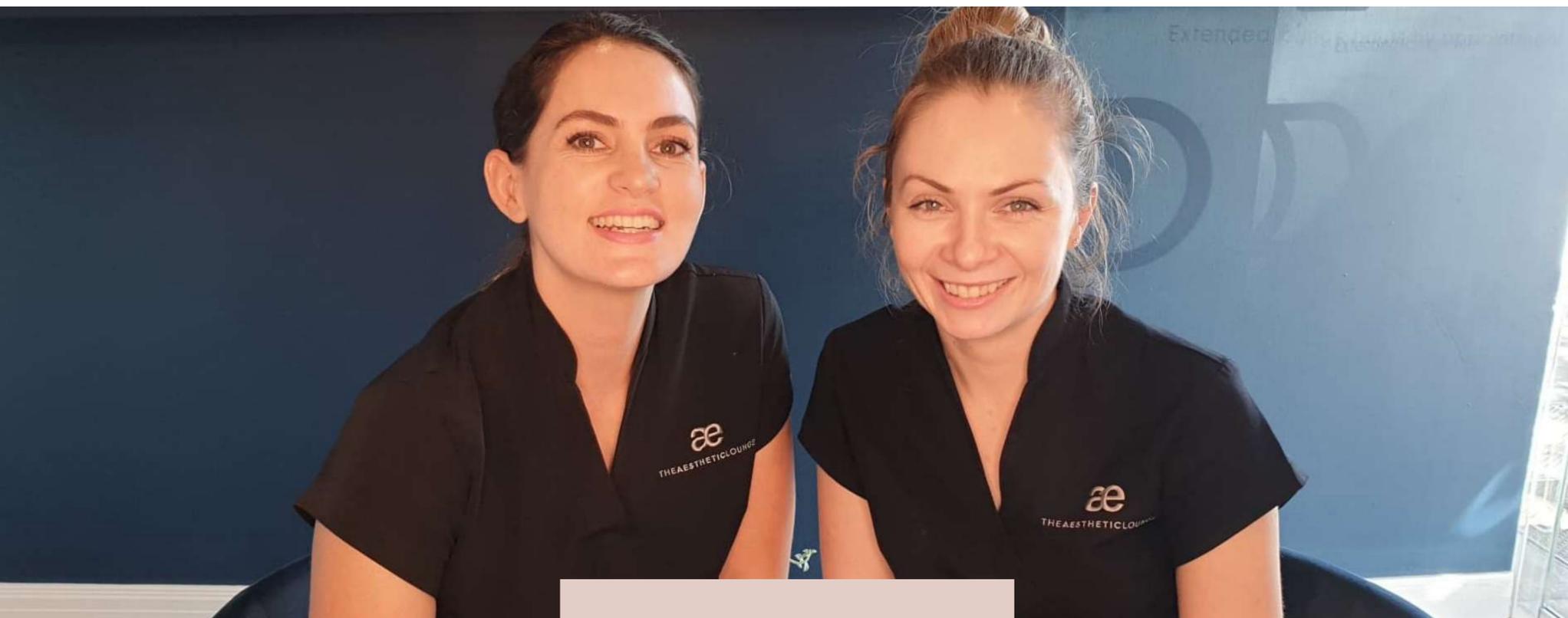
Our Discovery Facial is an interactive consultation and customised facial in one!

Not only will your breakouts be treated, but you will be armed with the right advice and cosmeceutical skincare to kick-start your skin transformation for a clear and breakout free complexion.

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*"Stay patient
and trust
your journey."*



We help people transform their skin.

WITH OVER 40 YEARS OF EXPERIENCE, LANA AND YASMINE UNDERSTAND SKIN AND HOW TO SAFELY CREATE LIFE CHANGING TRANSFORMATIONS. THE FOUNDATION TO ACHIEVE THIS COMES FROM A MULTILAYERED APPROACH. STARTING WITH A CONSULTATION OUR PASSIONATE SKIN EXPERTS WILL GUIDE YOU THROUGH A TAILORED JOURNEY TO SKIN PERFECTION.

CALL US NOW

MENTION THIS E-BOOK AND WE WILL REDEEM YOUR SKIN CONSULTATION FEE ON OUR LIFE CHANGING SKINCARE.

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