

—TIPS FOR A— Youthful Teenage Skin



Always moisturize even if you have oily skin. Select moisturizers that suit your skin type.



Prefer self-tanners to avoid exposure to harmful UV rays that are believed to speed up aging.



Wash your face after sweating as quickly as possible, and don't wait for the sweat to dry.



Do a patch test of skin products to check for reactions, such as burning and stinging, which may affect the skin.



Pick oil-free foundations and blushes for makeup to avoid clogged pores.



Use a humidifier to maintain moisture in the surrounding air and prevent skin dryness.

References:

1. 11 Ways To Reduce Premature Skin Aging; American Academy of Dermatology Association
2. Simple Skincare Tips for Teens; CCPL