

# SKIN SMARTS

## WHAT MOMS NEED TO KNOW TO HELP TREAT THEIR TEEN'S ACNE

80 percent of teens suffer from acne\*, so chances are that your child is—or will someday be—faced with this common skin problem. The good news is that there are many ways you can help your tween or teen achieve healthy skin. Read on for key talking points and strategies to minimize your teen's acne and boost his or her self-esteem.

### START TALKING EARLY.

Sit down with your tween and tell her it's her job to take care of her body. Help her understand the benefits of sleep and eating right. Caring for your skin the right way is important, too. It requires gentle daily cleansing to be healthy and clear. Skip the harsh chemicals—even acne-prone skin doesn't need them.

### MAKE IT ROUTINE.

Just like brushing your teeth, daily skin care is a must. Remind your child to make it part of her routine. She might find it interesting to know that the skin is the body's largest organ. Since your skin has to last a lifetime, take care of it!

### CHOOSE NATURAL, SAFE TREATMENTS.

The key to avoiding breakouts is to keep bacteria at bay—all day and all night. BlemFree, a patented formula that includes natural antibacterial ingredients, is effective at killing 99.9% of bacteria and is safe for daily use.

### AVOID THESE HIDDEN CULPRITS:

Phones, which come in contact with many teen faces, often carry dirt and germs—so keep them clean. Hair care products can also exacerbate acne, especially when they collect on your pillow at night. Advise your teen to go easy on the gel, and change pillowcases frequently.

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\*Source: American Academy of Dermatology