



# Urban Skin

## BOYS SKIN CARE



At some point in your teenage life you will have to deal with the problem of bad skin, and the dreaded spots. During, and for a long time after puberty, hormonal changes are still taking effect; these can cause unwanted side effects, such as excess oil

and sweat production. These, alongside certain forms of air pollution, can cause disastrous amounts of spots. Your local chemist should be able to supply you with information and products to suit your own particular needs; so be sure to check them out.

Here are some suggestions for things to look out for:

### **For Spots and Skin Complaints**

A good all over **cleanser** such as soap or body wash. This is important to make sure you don't get a build up of dirt and sweat on your skin leading to blocked pores, which form blackheads.

**Moisturiser** for dry skin will keep it from deteriorating further. If you feel it is really necessary, buy a facial moisturiser to leave your skin with that silky smooth feeling.

**Exfoliating scrub** or wash, particularly for the face. To help remove dead skin cells and, if required, unblock pores. This should be used several times a week, but not too often as over-use can weaken the skin.

### **Toner**

This will improve your skin tone and tighten pores, making the pores harder to block and less likely to become inflamed.

Be sure to make certain that these items are catering to your particular skin type. Think about whether you have dry, sensitive, normal or oily skin or a combination.

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