



# TEEN SKIN



As a teenager your skin will be going through various changes on a hormonal level. This can be frustrating when pimples and acne develop. Juniper offers an effective alternative to harsh, chemical loaded products that will calm young skin, control excessive oil and prevent breakouts.

## MORNING

- Cleanse, Teen Cleanser
- Treat and Tone, Teen Treatment Mist
- Lightly Moisturise, Teen Balancing Lotion

## EVENING

- Cleanse, Teen Cleanser
- Treat and Tone, Teen Treatment Mist
- Lightly Moisturise, Teen Balancing Lotion

In addition to your regular routine you can maintain a healthier, clearer complexion by exfoliating once a week with the **Teen Exfoliant**. Do not exfoliate if pustules are present.

Apply the **Calming Clay Mask** for mild congestion or the **Renewal Clay Mask** for deep cleansing once a week.

## TIPS

The earlier you do your evening skincare routine the more your skin will improve. Pre-cleanse with **Calming Makeup Remover**. This will remove all makeup and sunscreen.

For breakouts, apply a dab of either the **Renewal** or **Calming Clay Mask** and leave for 20 mins.

Spritz your **Treatment Mist** on your face a few extra times during the day as it contains good antibacterial properties to aid your skin.

Touch your face as little as possible. Constantly touching your skin or picking at pimples with make the problem worse, spread bacteria and make pimples sore.

Apply the **Antioxidant Skin Firming Serum** prior to sunscreen or makeup to protect the skin and prevent congestion.

Your gut is your friend. Stress and poor diet can really play havoc here. Contact our support team or speak to your Practitioner.