

Teen Skin

A teenager's skin goes through various changes on a hormonal level, this may cause frustration and low esteem if acne develops. They become desperate to clear this up and tend to use harsh products that cause the sebum glands to over produce oil, making the problem worse. Juniper offers an alternative to chemical loaded products that will calm the skin, regulate sebum production and assist in controlling bacteria to prevent further problems occurring.

Daily Routine

MORNING

Cleanse, using **Teen Cleansing Lotion** as per instructions on the bottle.

Treat and tone using **Teen Treatment Mist**

Moisturise with **Teen Lotion**

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EVENING

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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. The Masks can also be used as a spot treatment.

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

Thank you for trusting Juniper and we look forward to giving you the gift of healthy skin.

Teenage skin

Using a skincare range specific for teenage skin such as Juniper is the best start that you can give your developing child. The skin reflects what is going on inside the body so it is also vital that you take steps to nurture internal health.

Eat a wide variety of fresh vegetables and fruit daily

Include breakout-busting nutrients from wholefoods.

Vitamins A, C and E, zinc, and selenium help combat acne. These nutrients also help fight free radicals that break down skin elastin, produce collagen, and repair skin damage.

- Vitamin A rich foods include liver, egg yolk, butter, carrots and tomatoes
- Vitamin C rich foods include kiwi fruit, Red peppers, citrus fruits and broccoli
- Vitamin E rich foods include wheat germ, sesame seeds, egg yolk and sunflower seeds
- Zinc rich foods include seafood, red meat, poultry, nuts and sesame seeds
- Selenium rich foods include nuts (Brazil nuts in particular), fish, poultry, red meat, and mushrooms.

Reduce Sugar

Sugar drives inflammation, causes blood sugar imbalance and disrupts hormones and neurotransmitters all of which can play havoc on a young adolescents body.

- Wean off all soft drinks and sugar-sweetened beverages (Coca-Cola has a massive 40g of sugar per can!) but don't swap them for diet, artificially sweetened drinks as they can cause even more destruction such as headaches and sugar cravings. Instead switch to water, fresh cold pressed vegetable and fruit juices, raw coconut water and herbal teas.
- Swap processed snacks like chocolate and lollies for fresh or dried fruit or raw superfood balls which you can make yourself (see my bliss ball recipe below).

H2O

Water is essential for the cells to function properly and maintain good health aim to drink 6-8 glasses a day.

Consume healthy fats

Hormones are produced using good fats and cholesterol, so lack of these can cause problems because the body won't have the building blocks to make the hormones.

Choose to eat lots of omega-3 fats found in oily fish, fats like coconut oil, real butter, olive oil (don't heat!) and animal fats (tallow, lard) from healthy sources Stay away from products that are labeled low in fat, 'lite' or 'diet' – they are either high in sugar or artificial sweeteners to keep the flavour. You are better off eating the full fat version!

Eat protein at each meal

Protein intake keeps your blood sugar balanced and your insulin levels low which is important in regulating hormones.

Animal sources (eggs, animal flesh, dairy), or non-animal sources of protein, such as whole soybeans, tempeh, spirulina and nuts are all good choices.

Love your gut!

The gut is the core of good health and if our gut health is out of whack then it can have a negative influence on acne. Include pre and probiotic foods in the diet such as yoghurt, tempeh, miso, sauerkraut, kombucha and kefir.

Eat a diet high in Fibre as it can bind to and excrete excess hormones that contribute to acne. Fibre is found in wholefoods such as vegetables, fruits and wholegrains.

Low GI foods

Consume a predominately low glycaemic diet as high glycaemic diets have been implicated in acne aetiology and affect insulin demand.

Low Glycemic foods include: broccoli, cherries, chickpeas, leafy vegetables, milk, pears, plums, black beans, soybeans, tomatoes, wild rice, yogurt

Moderate to High Glycemic foods include:

bananas, candy bars, potatoes, oat bran, raisins, carrots, brown rice, kidney beans, bagels, basmati rice, cakes, corn, white bread

Sleep hygiene.

If you aren't getting enough sleep, your hormones will not be balanced. Aim for 8 hours of sleep per night, if you find this difficult then some sleep hygiene tips include – switching off all technology an hour before retiring, reading a book, dropping lavender essential oil on your pillow or drinking chamomile tea.

Avoid phyto-oestrogens, xeno-oestrogens and other environmental chemicals

They disrupt the endocrine system

Use BPA free products – BPA is an industrial petrochemical that acts as a synthetic estrogen and is found in plastics and tin can linings. Alternatively buy and store food in glass.

Eat mostly raw, fresh foods.

Processed, prepackaged foods are a major source of soy and chemicals such as phthalates. As much as possible, buy and eat organic or biodynamic produce and free-range, organic meats to reduce your exposure to added hormones, pesticides and fertilizers.

Also make the switch to ***natural, organic skincare products such as Juniper*** because your skin absorbs everything – if you wouldn't want to ingest it then don't put it on your body!

Avoid caffeine - not just coffee, caffeinated beverages too!

Caffeine can raise the heart rate, promote the release of fatty acids into the bloodstream, act as a diuretic, cause anxiety and interfere with sleep patterns all of which can cause hormonal imbalances.

Exercise

At least 60 minutes every day to help move the lymphatic system to improve skin and get those endorphins flowing.

Hormone Regulating Bliss Balls

Full of antioxidants and with Maca powder as their star ingredient (a superfood root which supports the endocrine system), these bliss balls are a simple, nutritious snack for a teenager!

Ingredients:

1 cup cashews
1 cup almonds
1 cup organic dates
1 tablespoon raw cocoa powder
2 tablespoon maca powder
3 tablespoon goji berries
1 vanilla pod, beans scraped, or 1 teaspoon vanilla paste
1-2 tablespoon raw honey
2 tablespoon organic coconut oil
Desiccated coconut, for rolling balls

Method:

1. Grind nuts in a food processor until smooth
2. Add dates, powders, honey, oil and vanilla bean paste, and pulse until it combines and forms a paste-like texture
3. Add goji berries and stir
4. Take one tablespoon of mixture and press into a ball shape
5. Roll the balls in coconut
6. Chill in the fridge and store in a glass container.

ENJOY!

Teenage skin article and recipe written by Lauren Willmot Naturopath for Juniper Australia.