

How to Have a Good Skin Care Regime (Teen Girls)

Explore this Article ■ [Everyday Skincare](#) ■ [Special Skin Treatments](#) ■ [Questions & Answers](#)
■ [Tips and Warnings](#) ■ [References](#)

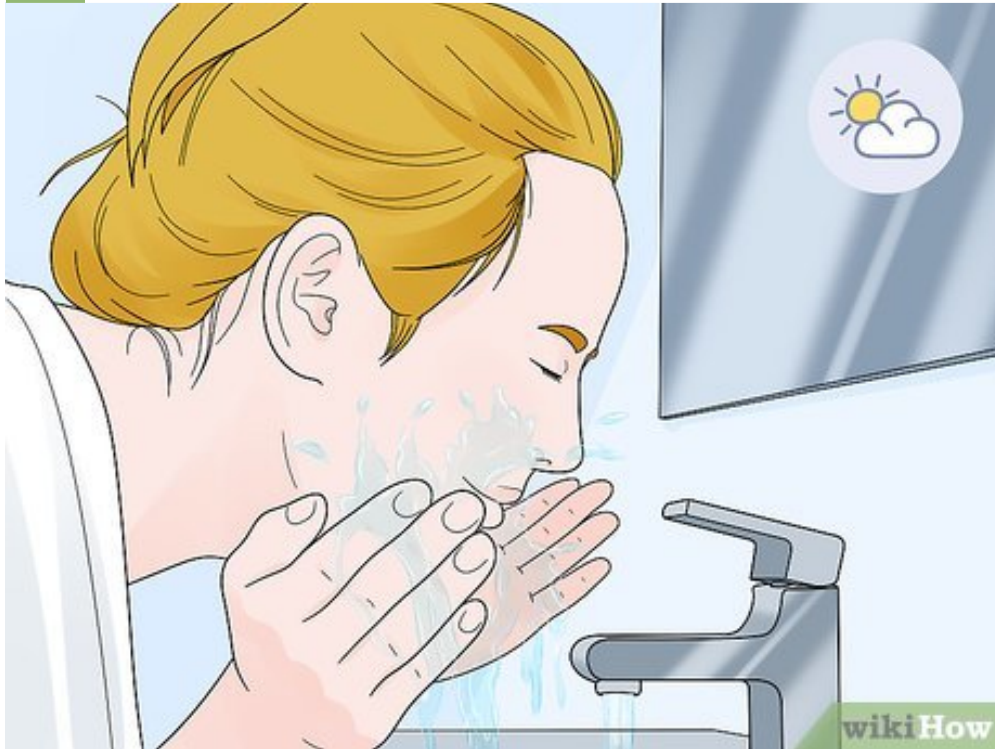
Co-authored by R. Sonia Batra, MD, MSc, MPH  and [67 contributors](#)

Last Updated: October 4, 2021

A good skin care regimen is essential for beautiful skin, free from oil, blackheads and blemishes! And this is especially important for teens, as they're most prone to these kind of problems. Not to worry though, an effective skin care routine is easy to implement. You just need the right products for your skin type, the correct techniques and the motivation to care for your skin *every single day*. Your skin will thank you!

Method 1

Method 1 of 2: Everyday Skincare



1 **Wash your face when you wake up in the morning.** This will take away any sweat and oil that has built up over the night. It will also wake you up a bit more as well as give you a shine-free face for the morning. When washing your face, *never* use soap, unless it is specific soap for face washing. This is a mistake that many girls make. Normal soap that we use to wash our hands and body can irritate the pores on the face and help acne and pimples get started! When washing your face, use a special facial cleanser with vitamin C, Vitamin E, and ferulic acid to give your skin an antioxidant boost.^[1] ^[2]

- Don't worry about aggressively removing oil or other matter from the surface. Acne is a problem of excessive oil production and clogs within pores, not a problem of surface obstruction of pores.
- Don't forget SPF 30 mineral-based sunscreen (with zinc oxide or titanium dioxide).^[3] Even in winter, the sun's UV rays can damage your skin.^[4]



2 Apply lip balm in the morning, after you've eaten breakfast and brushed your teeth. This is important especially if you have chapped lips, but even if you don't, it's still a good idea, just to keep your lips looking smooth and **kissable**.



3 Put on a bit of hand cream. If you have dry skin on your hands, put some hand cream on in the morning. Just make sure that you don't put on too much, since it will make your hands oily and slippery.



4 Buy some special tissues that remove excess oil on your face if it gets really oily. These are available from Mary Kay as well as other companies.^[5] Otherwise, don't worry much about it during school. **Don't wash your face during the day!** (More on that later)



5 Cleanse your skin at night with a facial cleanser. Nighttime is a crucial point for skin care, since it's a window of opportunity to improve skin cell turnover and collagen production, which keep your skin looking young. Pick a product with retinol or alpha hydroxy acid to boost collagen production, and choose a product with salicylic acid or glycolic acid to reduce acne.^[6] Most cleansers will both cleanse and **exfoliate** your skin.^[7]



6 Moisturize after cleaning. For teenagers, this is something that can help you have beautiful skin if done right, or give you loads of acne if done wrong.^[8] Make sure when you're buying a facial moisturizer, that...

- It's actually a *facial* moisturizer.
- It's *lightweight*. Lightweight means that it's not heavy and oily, so it won't add to the oil on your skin or clog your pores. This is very important!



7 Apply some lip balm after that.



8 Apply the lotions. If your legs are dry from shaving, moisturize them. The moisturizer you buy for your legs doesn't matter. If your hands are dry do the same before sleep. This is a great time to apply lots and lots of hand cream, since it has hours and hours to soak into your skin.



9 Repeat from step 1 to 8 everyday for great-looking skin!

Method 2 of 2: Special Skin Treatments



1 Exfoliate your skin once a week. Exfoliation does not need to be done every day, as this can make your skin irritated and raw over time. Instead, aim to exfoliate your skin once every 1-2 weeks to remove dead skin and soften it up. You can use a homemade exfoliating treatment, or use a store-bought one. Simply wet your skin, scoop some of the exfoliant onto your fingertips, and massage it onto your skin. Do this for 60-seconds, and then use a bit of warm water to rinse it off.^[9]

- Try mixing sugar with honey for a home-made exfoliant.
- If your skin is sensitive, you can use oatmeal mixed with honey or milk to buff down your skin.



2 Use a face mask once every 2-4 weeks. Face masks do a few things (depending on the one that you're using). They work to remove toxins in your skin, clear out your pores, and get rid of dead skin cells and grime. They are best used once every 2-4 weeks, as they may dry out your skin if used more frequently than that. To use a face mask, wet your face and scoop some of the mask onto your fingertips. Spread it evenly over your skin, and allow it to dry for 20-30 minutes (until no longer tacky). Then, use warm water and a damp cloth to wipe the mask off your face.

- You can use masks as a spot treatment on pimples; simply dab it onto a zit, and leave it to dry overnight. Wash it off in the morning, and the redness and tenderness of your pimple will be greatly reduced.
- Mud masks are generally the most popular, but there are many kinds that you can find to use.



3 Use pore cleansing strips to get rid of blackheads. Pore cleansing strips are a type of cotton strip with an adhesive on one side. The adhesive side is pressed onto your skin, and when you pull the strip off, it removes any blackheads that might have been present. Pore cleansing strips are generally only needed when you're breaking out. They are usually used on the face (on the nose and chin), but can be used on any part of the body that has blackheads. Follow the package directions for your strips, and finish up by washing and moisturizing your face.



Community Q&A

Question

Is serum good for teenage skin?



wikiHow Staff Editor
Staff Answer

Be really careful with serums—some of them have strong ingredients that can be too harsh on your young skin. Instead, stick to gentle cleansers and moisturizers. If you're not sure whether something is safe to use, ask your doctor or a dermatologist.

Helpful 19 Not Helpful 3

Question

How can a teenager get clear skin?



wikiHow Staff Editor
Staff Answer

Keep your skin clean and prevent clogged pores by washing your face with a gentle facial cleanser twice a day. Moisturize your skin after you wash it so it doesn't get irritated and dried out. You can also try over-the-counter acne creams, like benzoyl peroxide lotion. If you have pimples, resist the temptation to pop them, since that will just irritate your skin more! If your acne isn't getting better or if it's really bothering you, talk to your doctor. They can prescribe stronger medicines that will help.

Helpful 20 Not Helpful 2

Question

What skincare products should a 13-year-old use?



wikiHow Staff Editor
Staff Answer

The best products for you depend on your skin type. For example, do you have dry skin, or is it oily? Is your skin clear, or do you have acne? Look for products that are designed for the type of skin you have (for example, try a cleanser with benzoyl peroxide if you have acne, or a hydrating cleanser if you have dry skin). No matter what, stick to products that are gentle and don't have a lot of harsh ingredients, like alcohol, perfumes, and dyes.

Helpful 21 Not Helpful 3

Question

Is it okay to use a face mask 2 times a day?



QueenBee101
Community Answer

No, it's not. Face masks should only be applied 1 or 2 times a week. If you use them twice a day, you are guaranteed very dry skin that is unhealthy.

Helpful 117 Not Helpful 11

Question

Is it oka to use hand sanitizer on my face?



Community Answer

No. The skin on your face is more sensitive, and hand sanitizer usually has a high alcohol content.

Helpful 87 Not Helpful 17

Question

Instead of an exfoliating scrub, can I use an exfoliating cloth? We get them in Korea, where it is common to use a cloth that scrubs rather than a gel-like cream.



Community Answer

As long as you make sure the cloth is clean and sanitized prior to use, as otherwise they can carry bacteria that will make acne worse.

Helpful 49 Not Helpful 12

Question

Can I use Johnson's baby soap?



Community Answer

Yes, it is good to use baby soaps because they are gentle and have lower or no chemicals. They are not harsh on the skin and are smooth and soft to the skin. Soaps made for adults can be rougher and have fragrance and other cosmetic chemicals added that your skin doesn't need and sometimes might react to.

Helpful 57 Not Helpful 6

Question

What is the best moisturizer product to use as a teenage girl?



Lucy
Community Answer

I would go with Neutrogena Moisturizer. That has always been my best bet. You can also do a knock off brand like Equate Beauty or Up And Up.

Helpful 59 Not Helpful 14

Question

Can you suggest any kind of morning and night moisturizer?



Community Answer

I suggest using Simple or Nivea. Clean and Clear or any sort of specialist brand is not a good idea. If you have any allergies, be sure to read the labels carefully.

Helpful 42 Not Helpful 11

Question

Does this count for both morning and night routine?



Community Answer

If you're asking if you can do it either in the morning or at night, yes, it doesn't matter when you do it. If you're asking if you need to do it twice a day, no, not the entire routine, though it does help to wash your face and apply moisturizer twice a day.

Helpful 28 Not Helpful 5



Tips

- **Eat lots of fruits and vegetables.** Eating healthy keeps your skin looking nice.
- **Drink *lots* of water!** Drink as much water as you can (you're supposed to have 8 glasses a day). Water will leave your skin looking hydrated and rejuvenated!
- Many girls think that washing your face dozens of times a day will take all the oil off of their faces and reduce pimples, but that's actually not true! In fact, washing your face more often will dry out your skin, which will actually cause it to produce more oil to make up for the lost oil.^[10]
- Cleansing, exfoliating, toning, moisturizing, and protecting can help your skin look good. Dermatologists have done studies showing that women who follow these steps have clear skin.
- Don't touch your face with dirty hands.
- Try to stay away from any makeup products which are high in chemicals.
- Use face washes instead of using soaps. Face washes are made for your face, while soaps are not. Face washes will be more gentle and friendly to your skin.
- Use acne gel to cure your acne. Use Vaseline as a moisturiser.
- Never pick or squeeze spots. That can make the problem worse as it is unhygienic and can leave a scar.^[11]
- Don't wear makeup during exercise.



Warnings

- An urban myth is that not **wearing sunscreen** on your face will help take away zits, since the sun will dry out the oil. This is not true. It actually functions the same way as washing your face more than twice a day- you will dry out your face, but in an effort to get back the lost oil, your face will produce extra oil. Also, not wearing sunscreen can increase your chances (sometimes dramatically) of getting skin cancer (SO not worth it just to take away a couple pimples). Make sure you wear sunscreen in the summer, just buy a lightweight sunscreen for your face.
- Keep in mind, your skin will not look like the picture posted to this article. Skin blemishes, acne, oil, and dryness are all completely natural and normal. That photo is obviously a computer-generated image. . Learn about what suits you best, since everyone's skin is different. The point of treating your skin is to keep it healthy by keeping yourself healthy. Your skin will reflect your health.
- Make sure that you're not allergic to any of the products that you will be using on your face. If your skin is sensitive, do a test run by putting a little bit of the product on one small part of your face to make sure that you don't get a rash/irritation from it.
- This skin regime may not work on everyone's skin, depending on how oily/dry your face gets. Customize it and make it your own. This article is only a basic guideline. Consult a dermatologist to get a custom-made skin care regime for you.

References

1. ↑ R. Sonia Batra, MD, MSc, MPH. Board Certified Dermatologist. Expert Interview. 14 May 2021.
2. ↑ <https://www.aad.org/media/news-releases/face-washing-tips-for-healthier-looking-skin>
3. ↑ R. Sonia Batra, MD, MSc, MPH. Board Certified Dermatologist. Expert Interview. 14 May 2021.
4. ↑ <https://www.forbes.com/sites/katiechang/2017/05/24/why-you-need-to-wear-sunscreen-every-day-not-just-in-the-summer/#54c637837c06>
5. ↑ <https://www.aad.org/public/skin-hair-nails/skin-care/oily-skin>
6. ↑ R. Sonia Batra, MD, MSc, MPH. Board Certified Dermatologist. Expert Interview. 14 May 2021.
7. ↑ <https://www.aad.org/media/news-releases/face-washing-tips-for-healthier-looking-skin>
8. ↑ <https://www.aad.org/public/skin-hair-nails/skin-care/skin-care-products>
9. ↑ <https://www.aad.org/public/skin-hair-nails/skin-care/exfoliation>
10. ↑ <https://www.aad.org/public/skin-hair-nails/skin-care/skin-care-secrets>
11. ↑ <https://www.aad.org/public/kids/skin/acne-pimples-zits/treating-pimples>

About This Article



Co-authored by:

R. Sonia Batra, MD, MSc, MPH

Board Certified Dermatologist

This article was co-authored by **R. Sonia Batra, MD, MSc, MPH**. Dr. R. Sonia Batra is a board certified Dermatologist and the Founder of Batra Dermatology based in Los Angeles, California. With over 15 years of experience, Dr. Batra specializes in lasers, medical devices, patient and public medical education, and skin cancer research. She received her Bachelor's degree, Master's degree in Public Health, and her Doctor of Medicine (MD) degrees from Harvard University. As a Rhodes Scholar, she earned a Master's degree in Molecular Genetics at the University of Oxford. She completed her residency training in Dermatology at Stanford University. Dr. Batra has contributed and reviewed for the Journal of Dermatologic Surgery, the Journal of the American Academy of Dermatology, and JAMA Dermatology. She is also a co-host of CBS' Emmy award-winning television show, The Doctors. This article has been viewed 554,817 times.



32 votes - 81%

Co-authors: **67**

Updated: **October 4, 2021**

Views: **554,817**

Categories: [Skin Care](#) | [Personal Care for Youth](#)

[https://www.wikihow.com/Have-a-Good-Skin-Care-Regime-\(Teen-Girls\)](https://www.wikihow.com/Have-a-Good-Skin-Care-Regime-(Teen-Girls))

The text and visual content in this PDF is intended only for your personal, non-commercial use. Any commercial reproduction of the contents of this document without the express written permission of wikiHow, Inc., is prohibited.