

How to Be Naturally Beautiful As a Teen Girl

Explore this Article ■ Wash your face twice a day. ■ Moisturize your skin when your skin is damp. ■ Use sunscreen every day. ■ Apply acne products if you've got pimples. ■ Cover blemishes with concealer. ■ Wear makeup to enhance your natural features. ■ Try to smile more. ■ Whiten your teeth. ■ Keep your nails groomed. ■ Keep your hair clean and styled. ■ Eat a healthy diet that nourishes your body. ■ Stay hydrated throughout the day. ■ Be comfortable with your weight. ■ Improve your posture. ■ Do activities that you love. ■ Expert Q&A ■ Tips and Warnings ■ References

Co-authored by Mohiba Tareen, MD , Jessica Gibson , and 44 contributors

Last Updated: October 28, 2021

Your teenage years can be hard! While you're probably learning how to use makeup and dealing with acne, it might seem like everyone else has flawless skin and perfectly done makeup. Go easy on yourself and develop your own natural beauty. If you take care of your hair and skin, you'll find that your inner beauty has a chance to shine.

Method
1

Method 1 of 15: Wash your face twice a day.



3

5

1 Keeping your skin clean gives you a healthy, fresh-faced look. ^[1] Put your best face forward every day! Massage a gentle cleanser that works with your skin type on your face in the morning. This removes oil and dead skin.^[2] Then, rinse your face with cool water and pat it dry.

- Choose non-comedogenic products that won't clog your pores and cause acne.^[3]
- Look for skincare products designed to meet your skincare needs. Your skin type might be sensitive, dry, oily, or normal, for instance.^[4]

Method 2 of 15:
Moisturize your skin when your skin is damp.4
2

1 **Moisturizer plumps and hydrates your skin.** ^[5] If your skin dries out, it can look red or flaky. Apply a non-comedogenic moisturizer to your skin right after you wash it to lock in moisture.^[6]

- Go for a fragrance-free moisturizer if you've got sensitive skin.^[7]
- For an extra-moisturizing product, choose a moisturizing cream instead of a lotion.^[8]

Method 3 of 15:
Use sunscreen every day.

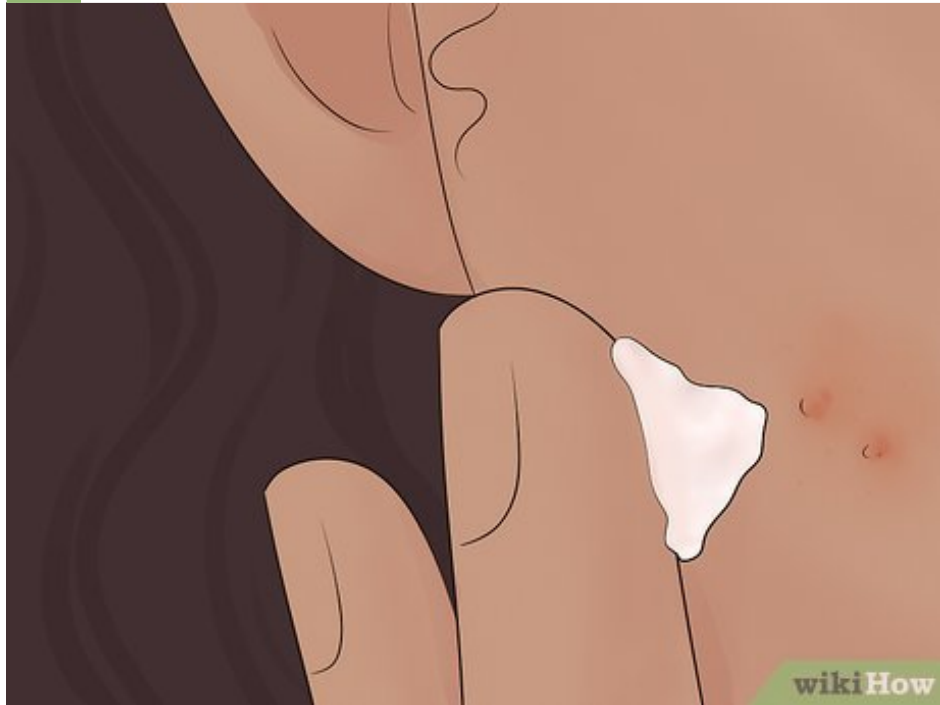
2

3

1 **Protect your skin from sun damage with SPF 15.** Your teenage years are the time to start lifelong beauty habits and these start with your skin!^[9] Apply non-comedogenic sunscreen after moisturizer and before makeup to prevent dryness, freckles, and other sun-related damage.^[10] ^[11]

- Sometimes, hormones that change when you're a teenager can make your skin look patchy or pigmented. Sunscreen can help prevent this pigmentation.^[12]

Method 4 of 15: Apply acne products if you've got pimples.



4

4

1 **Products with salicylic acid or benzoyl peroxide can clear up blemishes.** ^[13] Skin problems are an unfortunate part of being a teenager. As your hormones change, your skin produces more oil, which can then get trapped in your pores leading to pimples. To get clear, healthy-looking skin, apply an acne spot treatment once a day and use cleansers that are formulated to kill bacteria that cause acne.^[14]

- If you're really struggling with acne, talk with a dermatologist. Sometimes, you may need a stronger skincare product or they might recommend medication to control the cause of your acne.

Method 5 of 15:
Cover blemishes with concealer.3
8

1 **Green color corrector and a touch of concealer can disguise pimples.** When you're a teen, pimples are pretty much inevitable. Fortunately, with a few makeup products, you can easily hide them. A dab of green color corrector can cover up red, irritated skin and blemishes.^[15] You can also use a reddish-orange color corrector to cover older, brown acne scars.^[16] Then, rub a tinted complexion corrector or beauty balm over your entire face to give it a glowy, healthy look.

- Skip heavy products like liquid foundation. These can crease and cake throughout the day.
- Sleeping in your makeup is a big no-no! Make a habit of washing the makeup off of your face before you go to bed to prevent future breakouts.^[17]

3
9

1 A little mascara and blush can emphasize your favorite features. Don't feel like you have to wear makeup every day to change the way you look. Use makeup to play up the features you like! A few swipes of mascara or curling your eyelashes can bring out the beauty of your eyes, for instance. A little cream or powder blush can add a touch of color to your cheeks for a healthy glow.

- The point of makeup is to emphasize your favorite features so you feel great about yourself. You don't need to cover your entire face with tons of makeup to look beautiful!^[18]

Method 7 of 15:
Try to smile more.

2

4

1 **You don't need a lot of makeup when a smile can light up your face.** Studies actually show that smiling women are seen as more attractive.^[19] Smiling is also a great way to nurture a positive attitude. It's hard to be upset with a smile on your face.

- Are you self-conscious about your smile? Practice smiling and remind yourself that you have a beautiful smile.

**Method 8 of 15:
Whiten your teeth.**1
5

1 Give your smile a makeover with whitening strips. If you feel self-conscious about your teeth, you may not be giving your biggest, best smiles. To feel more confident, use home whitening strips that you apply to your teeth once a day. After a week or two, you should notice a brighter smile, so show it off!^[20]

- To keep your teeth looking their whitest, buy a whitening toothpaste to use, too.^[21]

Method 9 of 15:
Keep your nails groomed.1
1

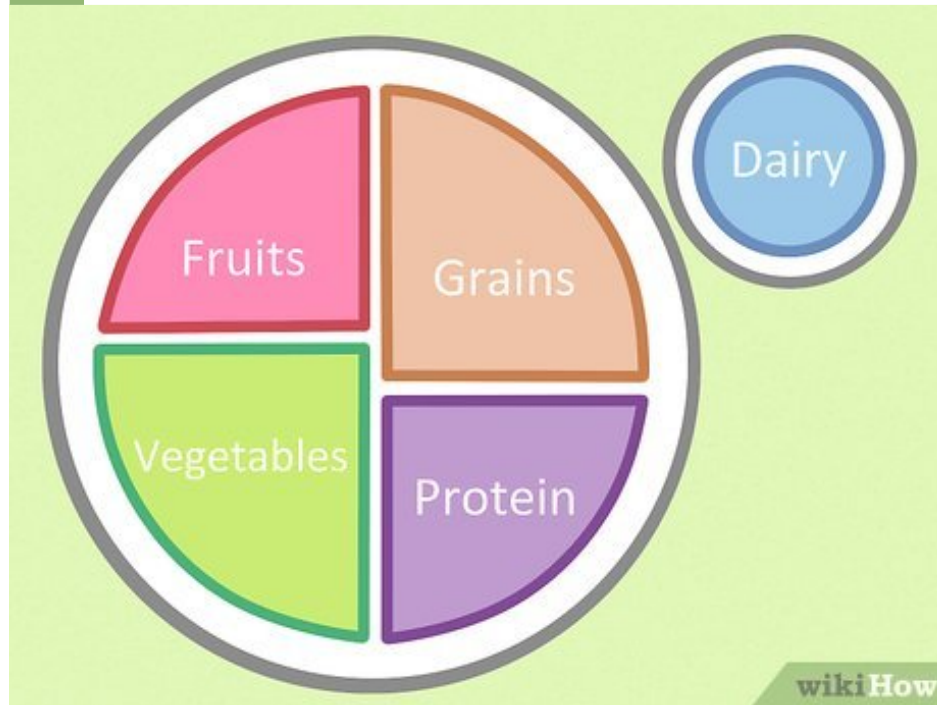
1 Show off healthy nails with a pop of nail polish color. Nails are a great way to express yourself—you can experiment with fun colors or match your nails to special outfits. Start with healthy nails that you've trimmed and buffed. Then, apply fun nail color. There are lots of nail polishes with unique textures so play around to find what you like.

- If you're not a fan of nail polish, it's totally fine! Skip the colors and keep your nails in top form by shaping and buffing them regularly.

Method 10 of 15:
Keep your hair clean and styled.2
8

1 **Brighten your entire look by washing your hair before it gets greasy.** While it might be tempting to pull your hair back into a ponytail when it needs a wash, just take a few minutes and shampoo it. Then, blow dry it or let it air dry if you're a wash-and-go kind of girl. You'll feel more confident with a great hair day and it will show! ^[22]

- To protect your hair from damage, brush it gently to detangle it. ^[23] Try to avoid heat damage—don't use the blow dryer, flat iron, or curling iron every day. ^[24]

Method 11 of 15:
Eat a healthy diet that nourishes your body.

5

6

1 **Enjoy nutritious food instead of trying extreme calorie-cutting diets.** Eat a diet that's got fruits, vegetables, whole grains, and good sources of protein. If you notice that fatty foods or sugar make your skin look dull or oily, cut them out of your diet. Your skin will thank you!^[25]

- If you feel like it's hard to eat healthily, block out an hour each week where you prep healthy snacks or lunches to take to school. This way, you won't be tempted to grab junk food or unhealthy options from the vending machine.

Method 12 of 15:
Stay hydrated throughout the day.



3
8

1 **Drink at least 8 glasses of water.** This can help clear up acne and make your skin look radiant. Skip carbonated energy drinks or sodas that are full of caffeine and sugar.^[26]
^[27]

- Tired of drinking plain water? Reach for a can of unsweetened seltzer water. These come in a ton of tasty flavors.^[28]

Method 13 of 15:
Be comfortable with your weight.



4
7

1 Remember that beauty doesn't come in a single shape or size. If you spend lots of time on the scale or in front of the mirror, you may make yourself miserable. Instead of obsessing over your physical appearance, look at yourself and think about what you like about your body.^[29]

- For example, if you've got curves, embrace them! Don't try to hide or change the unique body that you have or you'll just make yourself miserable.



2

2

1 Project self-confidence as you stand tall. If you're hunched over with your head bent low, people won't be able to see you well. To let your natural beauty show, sit up straight with your head held high. When you walk, keep your shoulders back and stand tall. Be proud of the beautiful person you are!^[30]

- If you've got bad posture habits, it can take a while to break them, but keep trying. It should get easier over time.

Method 15 of 15:
Do activities that you love.2
9

1 **You'll look beautiful doing things that you're passionate about.** Think about the things you love to do—it might be going for a run, listening to music with friends, or playing a sport. You're probably excited and enjoying yourself and it will show. Since natural beauty comes from within, do things that make you feel happy and joyful on the inside.

- Don't be afraid to express yourself. If you love to sing, for instance, let your voice be heard.

**Expert Q&A****Question****How do you take care of oily skin?**

Mohiba Tareen, MD
FAAD Board Certified Dermatologist
Expert Answer

Use something that has retinol or retinoid in it. Retinoids are topical vitamin A medications and they're the most effective topical to reduce sebum, which is the extra oil production in the skin. Retinoids affect all of the receptors in the skin in a positive way to normalize them. So if you are oily and you're not using a retinoid, then that's the first thing you should do. Number two, using over-the-counter alpha-hydroxy acids in washes or topicals can be great because they're not too irritating.

Helpful **2** Not Helpful **3**

Question

How do I get rid of my acne?



Mohiba Tareen, MD
FAAD Board Certified Dermatologist
Expert Answer

If your pimples are red, you want to reduce inflammation. Benzoyl peroxide spot treatment will help. Oral antibiotics can help if it's really bad. Accutane can also help if it's really bad. Make sure you're not over-exfoliating since it can cause more irritation and redness.

Helpful 2 Not Helpful 0

Question

Why is it important to moisturize your skin?



Mohiba Tareen, MD
FAAD Board Certified Dermatologist
Expert Answer

Moisturizer improves your skin's appearance by plumping and hydrating it. Apply moisturizer daily to maintain healthy skin.

Helpful 5 Not Helpful 0

Question

What age should you start wearing sunscreen every day?



Mohiba Tareen, MD
FAAD Board Certified Dermatologist
Expert Answer

Start now! Wearing sunscreen is an important skin care habit because it helps prevent skin cancer and skin damage.

Helpful 5 Not Helpful 2



Tips

- It's easy to feel self-conscious about your looks when you see images of beautifully made-up women online. Take a social media break if you're feeling discouraged about your looks.

References

1. ↑ <https://www.aad.org/public/everyday-care/skin-care-basics/care/face-washing-101>
2. ↑ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3088928/>
3. ↑ <https://www.mayoclinic.org/diseases-conditions/dry-skin/in-depth/moisturizers/art-20044232>
4. ↑ <http://sciencenetlinks.com/student-teacher-sheets/determine-your-skin-type/>
5. ↑ Mohiba Tareen, MD. Board Certified Dermatologist. Expert Interview. 26 March 2020.
6. ↑ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5849435/>
7. ↑ <https://www.mayoclinic.org/diseases-conditions/dry-skin/in-depth/moisturizers/art-20044232>
8. ↑ <https://www.northstardermatology.com/blog/lotion-vs-creams>
9. ↑ Mohiba Tareen, MD. Board Certified Dermatologist. Expert Interview. 26 March 2020.

10. ↑ <https://www.mayoclinic.org/diseases-conditions/dry-skin/in-depth/moisturizers/art-20044232>
11. ↑ <https://health.clevelandclinic.org/q-and-a-freckles-and-your-skin/>
12. ↑ <https://pubmed.ncbi.nlm.nih.gov/23601306/>
13. ↑ Mohiba Tareen, MD. Board Certified Dermatologist. Expert Interview. 26 March 2020.
14. ↑ <https://kidshealth.org/en/teens/acne.html>
15. ↑ <https://www.verywellhealth.com/what-is-green-concealer-and-why-is-it-used-15793>
16. ↑ <https://www.mdedge.com/dermatology/article/111108/aesthetic-dermatology/color-correcting-skin-blemishes>
17. ↑ <https://www.globaledulink.co.uk/wp-content/uploads/2015/10/Remove-the-Make-Up.pdf>
18. ↑ <https://www.psychologytoday.com/us/blog/meet-catch-and-keep/201502/5-research-backed-reasons-we-wear-makeup>
19. ↑ <https://www.reuters.com/article/us-smiles-sex/brooding-men-smiling-women-seen-as-sexy-study-idUSTRE74N7CJ20110525>
20. ↑ https://www.researchgate.net/publication/331631419_Evaluation_of_the_Effect_of_Tooth_Whitening_Strips_on_Dental_Plaque_pH
21. ↑ https://www.onhealth.com/content/1/teeth_whitening_secrets
22. ↑ <https://www.aad.org/public/parents-kids/healthy-habits/parents/hair-care-habits>
23. ↑ http://www.healthnetcafe.com/content/day-to-day_care/personal_hygiene/hair_care.html
24. ↑ <https://www.aad.org/public/diseases/hair-loss/insider/stop-damage>
25. ↑ <https://marquemedical.com/5-foods-that-cause-breakouts/>
26. ↑ <https://www.theharleystreetdermatologyclinic.co.uk/acne/drinking-water-improve-acne/>
27. ↑ <https://www.health.harvard.edu/blog/coffee-may-help-your-skin-stay-healthy-2018110215295>
28. ↑ <https://www.houstonmethodist.org/blog/articles/2019/oct/can-sparkling-water-replace-regular-water/>
29. ↑ <https://www.psychologytoday.com/intl/blog/eating-mindfully/202104/what-does-it-really-mean-love-your-body>
30. ↑ <https://kidshealth.org/en/teens/help-body.html>

About This Article



Co-authored by:
Mohiba Tareen, MD
 FAAD Board Certified Dermatologist

This article was co-authored by **Mohiba Tareen, MD** and by wikiHow staff writer, **Jessica Gibson**. Mohiba Tareen is a board certified Dermatologist and the founder of Tareen Dermatology located in Roseville, Maplewood and Faribault, Minnesota. Dr. Tareen completed medical school at the University of Michigan in Ann Arbor, where she was inducted into the prestigious Alpha Omega Alpha honor society. While a dermatology resident at Columbia University in New York City, she won the Conrad Stritzler award of the New York Dermatologic Society and was published in The New England Journal of Medicine. Dr. Tareen then completed a procedural fellowship which focused on dermatologic surgery, laser, and cosmetic dermatology. This article has been viewed 156,124 times.

★★★★☆
 6 votes - 83%

Co-authors: **44**
 Updated: **October 28, 2021**
 Views: **156,124**

Categories: **Personal Care for Youth**

<https://www.wikihow.com/Be-Naturally-Beautiful-As-a-Teen-Girl>