

Here are five simple steps to healthy skin:

1. Wash with 4TEENS Face wash

It's important to cleanse your skin daily to remove dirt, oil, and dead skin flakes. Washing your skin also rids the skin of excess oil, which can prevent acne.

All skin types must wash their face two or three times a day with the 4TEENS Face Wash to remove the excess oil. Malic & Mandelic acid in the wash controls oil production, increases hydration and prevent bacterial infection.

2. Hydrate with 4TEENS Toner

When you hydrate your skin, you simply add water, such as when washing your face or taking a bath. By applying the 4TEENS Toner you add additional hydration while it is closing the pores and prevent dirt and product to clog the pores.

3. Moisturise with 4TEENS Moisturisers

Always apply moisturisers after cleansing and hydrating your skin. You should moisturize your skin morning and evening, using a moisturiser that does not aggravate your skin problem.

With a normal/combination skin, you might have an oily "T-Zone" (forehead, nose, and chin) and dry skin elsewhere. The pores on your face are large, and the skin tends to have blackheads.

Normal/combination skin can be either overly dry or excessively oily, while cheeks may appear rough. Depending on the time of year, the oiliness and dryness can change, too. The skin is usually drier when the weather is cold.

Moisturize dry areas, with 4TEENS Moisturiser. Apply the 4TEENS Oily Skin Moisturiser over the oily T-Zone". The 4TEENS Moisturiser contains unique ingredients to protect the teenager skin against environmental stresses and UV exposure. It is "noncomedogenic," meaning it does not clog pores causing acne breakout. It also does not contain fragrances or colourants that can irritate the sensitive teenager skin. Both boys and girls can use it to moisturise their skin.

Oily skin is acne-prone skin with open pores, a shiny complexion, blackheads, and pimples. Because hormones affect oil production, anything that affects your hormone levels may influence your skin. Some experts believe that stress, such as from exams or not getting enough sleep, may trigger outbreaks of acne. Many teens know that acne in itself creates added stress! 4TEENS Oily Skin Moisturiser contains ingredients that fights "break-out" by reducing oiliness, inflammation and bacterial growth. While controlling oily skin, the moisturizer also have hydrating qualities.

4. Treat

Many teens need to treat skin conditions such as acne, which occurs when pores on the surface of skin become clogged. This happens when oil glands produce too much oil, and pores get blocked with dirt, bacteria, and debris. Sometimes, moisturizers and greasy cosmetics contribute to the development of acne. Oils or dyes in hair products can worsen acne by blocking pores.

While soaps and astringents remove oil from the skin, they don't alter the oil production. Scrubbing the skin sometimes causes irritation, which triggers acne instead of resolving it.

If you have pimples, never pop or squeeze them, which can spread the inflammation, worsen acne, and even cause

scarring. Rather use the Skin Scripts Clear Peel with a roller ball on these spots that will dry out the pimple and prevent inflammation. The salicylic acid also penetrates the oil gland and dries it out.

5. Protect

After cleansing your skin, protect it daily from the sun and other environmental factors. Use The 4TEENS Moisturiser SPF15 with a sunscreen. If you are going to be in the sun the whole day you will need a SPF of 30 with UVA and UVB coverage. Wearing sunscreen with protective clothing, such as long-sleeved shirts, pants and wide-brimmed hats while avoiding the sun's peak ultraviolet rays (from 10 a.m. until 2 p.m.) may provide some pro-



Product & Active Ingredients	DRY SENSITIVE SKIN		NORMAL / OILY-SKIN		OILY/ PROBLEM SKIN		ALL SKIN TYPES
	AM	PM	AM	PM	AM	PM	When Necessary
4TEENS FACE WASH Malic Acid and Mandelic Acid	X	X	X	X	X	X	
4TEENS TONER Glycerine, Aloe Vera Extract, Allantoin, Niacinamide, Witch Hazel	X	X	X	X	X	X	
4TEENS MOISTURISER SPF15 PENTAVITIN™, Titanium Dioxide., Zinc oxide, Hyaluronic acid, MSM, Allantoin, Niacinamide, Shea butter, Jojoba Oil,	X	X	X	X			
4TEENS OILY SKIN MOISTURISER Glycolic acid, AC.NET™,			X	X	X	X	
SKIN PROTECT CREAM (SPF 30) ECTOIN™, Micronised Titanium coated with Manganese, Ethylhexyl Methoxycinnamate, Benzophenone-3, Micronised Zinc Oxide							X
SKIN SCRIPTS SALICYLIC ACID PEEL 10 % & 20 % Isopropyl alcohol, Salicylic acid							X