



Helping Teens Care For Their Skin

TEENAGE ACNE

Teenage acne, is marked by clogged pores (whiteheads, blackheads), painful pimples, and, sometimes, hard, deep lumps on the face. To understand acne, you need to know how your skin works. The pores in your skin contain oil glands. At puberty, there is an increase in sex hormones called androgens. The excess hormones cause the oil glands to become overactive, enlarge, and produce too much oil, or sebum. When

there is too much sebum, the pores or hair follicles become blocked with skin cells. The increase in oil also results in an overgrowth of bacteria. If blocked pores become infected or inflamed, a pimple -- a raised red spot with a white center -- forms. If the pore clogs, closes, and then bulges, you have a whitehead. A blackhead occurs when the pore clogs, stays open, and the top has a blackish appearance due to oxidation or

exposure to air. When bacteria grow in the blocked pore, a pustule may appear, meaning the pimple becomes red and inflamed. Cysts form when the blockage and inflammation deep inside pores produce large, painful lumps beneath the skin's surface. Hormonal changes related to birth control pills, menstrual periods, and pregnancy can trigger acne. Other external acne triggers include heavy face creams and cosmetics, hair dyes, and greasy hair ointment -- all of which can increase blockage of pores.

WE'LL TEACH YOU WHAT'S HAPPENING TO YOUR SKIN WHEN YOU COME IN FOR A TEEN FACIAL.

CLEANSING YOUR SKIN AND BODY

You have probably been told that acne is directly caused by lack of cleansing. While keeping your skin as clean as possible is certainly important, acne is not caused by dirt. In fact, acne can be aggravated by too much cleaning. Repeated exposure to detergents in facial cleansers for example, can irritate acne if you are using the cleansers too often. We have found some of our teenagers clean the face numerous times daily, which causes enough irritation to precipitate not only an acne aggravation, but also other sensitivities. We suggest you cleanse your skin only two or three times a day, once in the morning, once in the evening, and in the afternoon. If

you are working in a greasy environment or exercising, you should replace your regular cleansing soap with a creamy, gentle cleanser. Wash your hands before cleansing your face, use only tepid (room temperature) water and do not over scrub the skin. Over scrubbing will cause irritation, so be sure to use a gentle massaging action. The cleanser should never remain on the skin for long, because

residue left behind on the surface of the skin can cause redness, stinging, and may lead to dryness so be sure to rinse thoroughly. After the skin has been rinsed clean, we suggest you pat it dry then use a cleansing lotion not just on the face, but all over your body. Brushes and washcloths should not be used for cleansing the skin because of the course texture.

<i>Suggested Treatments</i>	
<i>Teen Facial</i>	<i>\$45.00</i>
<i>Brow Shaping</i>	<i>\$16.00</i>
<i>Traditional Straightedge Shave</i>	<i>\$30.00</i>
<i>Haircuts</i>	<i>\$25.00</i>



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Located in the Radisson Hotel Manchester, The Spa Within brags of its sunny and inviting rooftop atrium windows that offer a peaceful view of Manchester's beautiful parks. Serving in-hotel guests, visitors, and the general public, The Spa is staffed with specially trained medical, advanced, and certified spa professionals. If you are not a hotel guest, our luxurious treatment rooms provide the perfect in-town getaway... any day!

While having some treatments, feel free to partake in the convenient room service offered from Café on the Park and JD's Tavern—two outstanding restaurants located in the hotel. Enjoy breakfast, lunch, dinner, or even a beverage while having a pedicure, hair care treatment, or any spa manicure service.

Rather than bristly, unsightly hair in 2-3 days from shaving or tweezing, we suggest you consider waxing. Re-growth from waxing will take 2-3 weeks, and the hair will be finer, lighter and there will be less. Waxing is very simple and can be done anytime.

At the Spa Within, we are trained to measure your brows to fit the shape of your face. In fact, we believe we are the best when it comes to eyebrow shaping. We will be happy to professionally wax your eyebrows and at the same time we can discuss the benefits of waxing the lips, legs, chins, underarms, and bikini lines.

Hair Removal for Males

A proper shave will help prevent shaving bumps. These bumps occur because of hair being trapped in the follicle leading to infection and acne. Using quality tools and ingredients reduces the likelihood of breakouts and makes shaving more pleasurable.

At the Spa Within, we have a full-time barber to help you through the education of proper shaving. A traditional straightedge shave is \$30.00.

Straight razor shaving considerably cuts down on the number of ingrown hairs - thereby giving the overall appearance that the

HAIR REMOVAL

acne is improving. it does this by only cutting hairs flush with the surface of the skin - as opposed to a cartridge razor, which can pull a hair and then cut it underneath the surface of the skin

While having your first straight-edge shave, our barber will explain the different razor blades he recommends.

A multi-blade razor is the worst way to shave when you have acne. Not only can multi-blade cartridges spread bacteria, they are made using the cheapest method available.

Multiple blades makes cleaning these razors impossible. In addition, the construction of the razor makes drying them out equally difficult. They are a bacteria-friendly environment when combined with the general humidity of the bathroom.

Not only are these razors potential sponges for bacteria, they are not the sharpest tool on the market. Multiple blade cartridges work by first pulling up the hair and then cutting with the subsequent (and equally dull) blades. Not only do these razors fail at shaving, they are extremely likely to cut any pimples you might have.

A better option than multiple blade cartridges are single use disposables. While not as sharp

as other options, single use blades don't run the risk of growing bacteria and since you only use it once, are slightly sharper.

Second, most people who switch to straight razor shaving also begin using a shaving brush. The shaving brush is a fantastic way to exfoliate the skin, combined with the heat of a shower or hot towel, pores are opened, and then essentially scrubbed free of dirt and other bad stuff with the brush as we build lather. The brush also helps to lift the hairs and is yet another way to prevent ingrowns. I suggest face lathering as opposed to bowl lathering if you want to help reduce ingrowns and acne.

Third, along with the switch usually comes extremely high quality soaps and creams, free of skin irritating chemicals, and full of really good stuff for your skin. Aloe, Vitamin E, really good natural oils, etc...

Fourth, many of us use a bacteria-killing product called an "Alum" block after the shave. This also closes up pores.

I'm sure there are more reasons than this - but it gives you an idea of how all of the little things added together can significantly improve acne.

RECEIVE A FREE TREATMENT

Bring a guest to your first facial appointment and we'll give them a free wash and blow dry. And when you bring a guest for your first straightedge shave appointment, we'll give your guest the same treatment at no cost.

Offer expires 11/15/2014

PICKING AT YOUR ACNE CAN LEAVE SCARS.

Are you scratching or picking at the skin until the raised portion of the acne lesion is literally scraped off the face? Most teenagers pick at the lesions subconsciously. These lesions will appear red,

flat, and raw on the surface of the skin, similar to a freshly scraped knee or brush burn. If this is a habit, we suggest you wear loosely fitting gloves while reading or watching TV. The touch of

the glove will signal you and make you aware when you are scraping at your skin.