



So Organic helpful fact sheets:

Children & Young People

Learn more at www.SoOrganic.com

Young children:

Many of our customers first start using organic and natural cosmetics when they have children. When children are young their skin can be more absorbent and they can develop sensitivities whilst the skin learns to balance and protect itself. Over time these small sensitivities disappear but they can be very upsetting for parents who will try countless products to eradicate them.

Use gentle products:

As with all skin problems it is best to go back to basics and remove products with strong foaming agents such as SLS and synthetic moisturising agents like paraffin wax. Instead use gentle, organic products developed specifically for children and give them time to work, whilst removing them a few times a day to allow the skin to breathe and rebalance.

Teenagers:

With the onset of teenage years the hormone levels change, in particular there is an increase in the production of testosterone, which encourages the sebaceous glands in the skin to produce increased levels of sebum, which gives rise to an oilier complexion and can provide the perfect environment for pimples to thrive.

Skincare for teenagers:

The temptation is to use strong antibacterial products which dry the skin and destroy the natural protective barrier, this viscous circle encourages the skin to produce even more sebum to try to counteract this dryness, and skin becomes dehydrated, sore and inflamed.

Treat young skin with gently antibacterial products with light formulations that do not clog pores. Most important of all, cleanse, tone and moisturise everyday religiously!

Natural make up is best:

Switching to a light mineral makeup also helps balance sebum and allows the skin to breathe and heal itself.

Stress has an impact:

Stress can also contribute to the problem as it can prompt an influx of more testosterone. This in turn leads the sebaceous glands to produce more sebum, resulting in further pimples. Exploring ways to relieve stress naturally in a fun way may help, ideally in the sunshine as mild exposure to the sun can improve mild acne.

Fancy a game of rounders anyone?!

Think about supplements:

Nutritional supplements can benefit problematic skin, a good daily vitamin and mineral supplement is a great start but for more specific advice on balancing hormones and mood seek the advice of a nutritionist. If stress (such as at exam time) is involved, vitamin B is also said to be very supportive.