

# Skincare Tips

For Teens To Have A

## Healthy Skin

Use warm water instead of hot water for bathing.



Use a mild cleanser to prevent skin irritation.



Be gentle while cleansing, and avoid scrubbing or scratching.



Moisturize the skin daily after bathing with a lotion free of harsh chemicals.



Wear sunscreen and protective clothing when heading out in the sun.



Drink plenty of water throughout the day to prevent dry skin.



Take healthy measures to reduce stress.



Sleep at least seven hours every night.



### Reference:

1. Keep Your Skin Healthy; NIH