

Mayo Clinic Minute: Do tweens need a skincare routine?

Video	Audio
	"Oftentimes, these young children will be given complex skincare regimens that are even more complicated than adults will use on their own skin."
	Pediatric dermatologist Dr. Dawn Davis says a lot of anti-aging products have acids and chemicals in them that can potentially be irritating to gentle or young skin.
Dawn Davis, M.D. Dermatology Mayo Clinic	"The more often that you expose yourself to a particular chemical, the more likely you are, as you age, to develop an irritant or allergic contact dermatitis from those chemicals."
	She says when it comes to skin in general, less is more.
	"The best things that all children can do for their skin mirrors that of adults."
	Here's what she recommends for tweens ages 8 through 12.
	"We like to have patients wash their skin with water and a gentle cleanser twice a day."
	"Thereafter, it's always beneficial to apply moisturizer to the skin, something that is hypoallergenic, unfragranced or unscented."
	"Once you reach pubertal stage or prepuberty, it is helpful to look for moisturizers that are specific to the face and neck if you're looking for cosmetic improvement."
	Last but not least, and regardless of age, she recommends applying a sunscreen that contains a physical blocker, such as zinc oxide.
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.