

Teen versus Adult breakouts – what’s the difference and how should I treat? - 5 min  
consumer video

Hi, have you ever wondered what the differences are between breakouts and acne in your teenage years versus your older years? Listen on to learn about how these conditions are different and how best to treat each condition.

Some of us are born with a genetic pre-disposition for acne, meaning our skin is more prone to oiliness, blackheads and breakouts which is likely to develop during that big hormonal shift at puberty and then potentially stay with us through adulthood to some degree.

However, many of us may not have been spotty as a teen but then all of a sudden we start breaking out in our 30's or 40's. This is usually due to factors such as increased stress levels, diet, including high glycaemic and dairy foods, poor sleep, medications, UV exposure and pollution and female hormonal fluctuations from our monthly cycle, pregnancy and menopause.

So what are some of the key visible differences in acne breakouts as a teenager versus an adult.

When we start going through puberty, the spike in sex and growth hormones drives oil production and skin cell turnover so typically in your teens and early 20's your skin is oilier and prone to blackheads and spots. Compare that to a woman in her 30's, she'll tend to have less oiliness and blackheads and suffer with red angry spots that stay around longer.

When we look at acne in teenagers, it tends to affect the centre of the face and then work outwards, typically covering the forehead, cheeks and chin with a combination of blackheads on the T zone and excessive oil production. In adult acne, classified as 25 years and older, the breakouts tend to manifest on the lower face, around the chin, jawline and neck. Blackheads and excess oil are typically less of an issue. Interestingly, this lower face area is very responsive to hormones meaning that high levels of stress hormones and fluctuating female hormones can cause breakouts in this area.

Another key difference is that younger skin is more resilient to its environment and heals quickly. But unfortunately, as we age, our skin is less tolerant, slower to heal and so we suffer with more inflammation and pigmentation marks.

So, we can see there are physical differences in teen vs adult breakouts and the causal factors also differ, so this influences how we approach treatment with skin care.

Now, there are some key, healthy skin tips you can follow, regardless of your age to keep breakouts to a minimum such as; double cleansing daily, regular exfoliation, using targeted serums or spot treatments and defending your skin from the environment, but it's important that the formulas are suitable for the type of breakouts you're targeting. At Dermalogica we have 2 systems of products, 1 designed to target the needs of teen skin and 1 to address the challenges of adult breakouts.

The Clear Start line is for teens and young adults with more oily, breakout prone skin. Every product contains active breakout fighting ingredients and soothing natural botanicals that keep skin clear, hydrated and balanced.

Our Active Clearing line contains multi-tasking brightening and clearing formulas to actively increase cell turnover, a process that slows with age, and keep skin clear of breakouts while promoting even skin tone. All without over-drying already sensitive adult skin. The full line is great for adults with persistent breakouts and congestion or if you developed breakouts later in life, the new Age Bright Clearing Serum and Age Bright Spot Fader can be easily slotted into your current regimen.

Whatever your age and degree of breakouts, there's a Dermalogica solution for you. If you need some expert advice, don't forget to seek out your local Dermalogica Therapist who would love nothing more than to guide you to your healthiest, clearest skin.