

Healing

lifestyles & spas

magazine

Featuring: Kaya Day Spa

Spa Through the Ages

No matter what your age or skin type, there are spa treatments and skincare products that can help your skin's inner beauty radiate.

By Kimberly Wilson

U Teens

Unfortunately for teens, their skin types tend to be as active as their lifestyles. Today's teens, however, are also learning about spa treatments and skincare lines that they can rely on as they shape their own image and express their individuality. Spa treatments like massage, facials, and even "how to" make-up lessons can help boost self-confidence, enable teens to feel more comfortable with their skin, and raise awareness about their muscles and body. Teens should look for special treatments like the Clarifying Enzyme Acne Facial, offered at Murad Medical Spa in El Segundo, California, which is designed to deal with oily skin, breakouts, and acne. Using enzymes to clear congested pores is the treatment du jour at Kiva, a hip downtown spa in Chicago that offers Clear Joy, a facial designed to calm acne-prone skin and tone down redness. Also in Chicago, the **Kaya Day Spa** offers a treatment called Teen Purity, a facial that begins with a one-on-one lesson covering skincare basics with one of Kaya's estheticians. While the teen years may be marked by acne, breakouts, and oily skin, these unwelcome signs of youth also present an opportunity to learn about one's skin and how choosing effective products and spa

treatments now can make a world of difference as you age.

Many spas offer make-up application lessons with natural makeup lines. Aveda, for example, offers special appointments for teens who are curious about makeup, but unsure how to apply it. Sweet sixteen parties centered on make-up application lessons are available at Kokoro Spa in Georgetown, Connecticut, using the mineral makeup line from Jane Iredale.

Recommended products: At home, avoid harsh cleansers that can dry out the skin and try gentle products that help skin deal with excess oil naturally. **Alba Botanica** makes several enzyme-based products to help clear clogged pores. Try their Sea Algae Enzyme Facial Scrub, Pineapple Enzyme Facial Cleanser or the Papaya Enzyme Facial Mask. For the body, try Alba's Papaya Mango Exfoliating Body Wash. **Murad** offers an Acne Complex Starter Kit that can jumpstart home skincare, and **Juice Beauty**, an organic face care line, makes a Blemish Clearing Serum that can be used all-over or as a spot treatment.

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