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Children as young as 10 are using skincare products designed for adults, raising concerns about their impact on developing skin. Experts say ingredients like retinol and Vitamin A can harm a child's natural barrier and lead to problems later in life. Dermatologists are calling for the sale of these products to be banned for children under 16 due to the risks they pose. The trend has been fueled by social media, with young kids watching skincare routines on TikTok and Insta, and many even creating their own videos showcasing their hauls. This has led to them buying products that are not suitable for their skin, causing potential harm.Young children are increasingly getting into skincare, with many parents spending large amounts of money on products that may actually harm their delicate skin. Experts warn that using skincare at a young age with active ingredients unsuitable for young skin can cause long-term damage, irritation, and even dermatitis and eczema. Tweens don't need certain skincare products, and using them can strip the skin of its natural barrier, making acne worse and causing future pigmentation and redness. Parents are urged to carefully select their child's skincare products and avoid brands with harsh ingredients like retinol.Parents Warn Friends About Skincare Products for Tweens Due to Hidden Harmful IngredientsRemind your teenager that their skin may be different from their friends' and require unique products, says Dr Saniyya Mahmood. She advises using gentle cleansers, moisturisers and SPF, which is sufficient for most teens.With the rise of "prejuvenation" - the preventive treatment for aging among Gen Z - parents are being faced with a dilemma: whether to indulge their tween's request for high-end skincare products. Influencers like Penelope Disick have shared their elaborate routines, which include pricey items from brands such as Drunk Elephant or Glow Recipe. However, experts warn that tweens and teens don't necessarily need these expensive products. According to Dr. Brooke Jeffy, a board-certified dermatologist, kids only need the basics: cleansing, moisturizing, and sun protection.Dr. Jeffy recommends teaching children healthy skincare habits early on - even as young as 2-5 years old. As they grow older, between 6-8 years old, parents can encourage a daily routine of gentle cleansing and moisturizing with SPF in the morning. Between 8-10 years old, kids should be doing twice-daily cleansing and moisturizing to maintain healthy skin. Dr. Jeffy emphasizes that expensive skincare products are not necessary for tweens and teens, and that effective alternatives can be found at a much lower cost.Dr. Jeffy suggests that products with active ingredients targeting mature skin issues can be irritating to young skin and damaging to the skin barrier. This can lead to dryness, breakouts, infections, and increased sensitivity to environmental stressors like UV radiation and pollution. As a result, Dr. Jeffy recommends fragrance-free, oil-free, and non-comedogenic products for most kids, such as Cetaphil, Cerave, and Vanicream. These brands meet the required criteria, are reasonably priced, and easy to find.While trendy skincare products might be appealing to teens, they may not be suitable for young skin. Dr. Jeffy's own line of skincare products, BTWN, offers a solution that is both simple and affordable, while also providing a fun experience for kids. According to Dr. Jeffy, "I created BTWN to be appropriate for young skin but to also feel like a special product made for them that they would want to use."Teenagers are increasingly spending big on cosmetics and skincare, with Generation Alpha being particularly enthusiastic about staying on top of their skin care game. According to Piper Sandler insights, teen shoppers in 2023 spent 33% more on cosmetics and 19% more on skincare than the previous year. Social media platforms like TikTok and Instagram are driving this trend, with middle-schoolers proudly showcasing their Sephora hauls and #GRWM videos featuring high-end skincare products.Experts say that social media and influencer culture have played a significant role in fueling this obsession. Dr. Karan Lal, a pediatric dermatologist, notes that kids are now more likely to use complex skincare products like niacinamide serums and sunscreens, rather than simple bar soap. While there may be some potential drawbacks to this trend, many parents welcome the fact that their children are taking an active interest in their skin care.The trend of tweens and teens using pricey skincare products like Drunk Elephant has sparked debate among dermatologists and skincare professionals. Tiffany Masterson, founder of the brand, noted that while some products in the line are suitable for younger skin, others may be too harsh. Many experts agree that kids don't need to use alpha hydroxy acids and retinol, which can cause irritation.Experts claim that the trend is more about status symbols than actual skincare needs. Dr. Ranella Hirsch says her 11-year-old daughter's obsession with trendy products is driven by social media influence. "It's entirely a status symbol," she says. "Kids don't care about efficiency or efficacy; they pick products because all their friends use them."Skincare professionals like Dr. Hirsch and others are concerned that tweens and teens are using too many products, causing inflammation and irritation. "I pare down every one of these kids' routines," says Dr. Hirsch. "They come to me with breakouts, and I'm not treating them; I'm making them stop using all the crap they've been playing with."The "more is more" mentality among tweens and teens can lead to over-exfoliation and irritation on delicate skin. Experts stress that brands and dermatologists should educate kids about what's best for their skin and age, rather than just following social media trends.A mother recounts her experience with her teenage daughter's skincare routine, which included using a cream from their dermatologist to treat redness. The doctor notes that he sees many teenagers with sensitive skin, which he attributes to over-drying their skin barrier, and refers to it as "teenage rosacea." He also sees an increase in seborrheic dermatitis, a condition often mistaken for dry skin, which can be exacerbated by facial oils. Despite the potential drawbacks of fancy skincare products, experts agree that a basic cleanser and moisturizer with sunscreen are sufficient for most young complexions. However, this interest in beauty can be leveraged to promote sun protection, with many sunscreens being marketed as skincare or makeup products. The mother has found an unexpected benefit in her daughter's skincare obsession, as it has created a bond between them, with her daughter seeking and sharing her advice with friends. While the mother may not agree with all of her daughter's skincare choices, such as using vitamin C serum for skin brightening, she acknowledges the potential benefits of certain ingredients when used responsibly.

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