Back-to-School Skincare and Makeup Tips

Written by Sara Goodwin

Parents, are you ready for back-to-school? Are your kids? How about their skin? For many, puberty may be hitting soon and kids may want to begin venturing into the makeup world. But they may be forgetting about general skincare. Here are some tips from Lisa Vukonich, co-owner of Fuchsia Spa, on how to get your kids' skin makeup-ready and looking its best.

First things first: skincare. "It doesn't really matter what kind of lipstick, what kind of eyeliner, what kind of eyeshadow you put on," Vukonich says. "If your skin is really breaking out, nothing looks good."

To prevent breakouts, teens should start by washing their face twice daily. Fuchsia Spa has its own skincare line, and Vukonich recommends the line's Biosulphur Purifying Cleanser. "What makes that cleanser unique and so great for teen skin is it's a cleanser and it's a mask all in one," Vukonich says. "So it has a clay in it that helps draw out the impurities causing the acne."

Teens should also be changing their pillowcases and hand towels about twice a week. These items will have the oils and bacteria-causing acne from their skin left on them, so even if they're trying to take care of your skin, these items can cause kids to break out.

Kids should also exfoliate their skin two to three times per week because not only does it remove dead skin that can cause acne, but it also keeps makeup going on nicely. Vukonich recommends an exfoliator by Image Skincare that the spa carries which has both a chemical and physical exfoliator.

If kids still have a breakout that just won't go away, Fuchsia Spa offers an LED Facial that uses a blue light to kill acne-causing bacteria but doesn't leave the skin looking irritated and is safe for all ages.

"If the teen is kind of doing the basic steps that we talked about…[and] they're still having some breakouts, one of the things they might want to try would be a benzyl peroxide to help dry up the acne and then a retinol product to help turn the skin cells over," Vukonich says. "If it kind of gets beyond and that's still not helping then a trip to the dermatologist is the next step."

Once the skin is looking clear and beautiful, makeup is the next step. Instead of using a foundation, Vukonich recommends a tinted sunscreen. "It's nice because…something that a lot of teens forget is sunscreen," Vukonich says. "So to be able to get them a little bit of a tint and a sunscreen all in one works nice if we've got their skin looking great."

Full brows are still very in style, so teens can get them waxed or plucked to get a nice shape, and then fill them in a with a brow powder. Lipstick, eyeliner and eyeshadow colors really depend on the comfort level of the family.

Vukonich recommends that girls should start out with a brow powder, an angled brush for the brow powder, tinted sunscreen, lip gloss, bronzer and blush in their makeup bag. Then as they grow older and into high school and college, they can add eyeliner, mascara and eyeshadow to experiment with.