

Section 5. Medical science

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ASSESSMENT OF THE ROLE OF COSMETOLOGIST AND PARENTS IN THE FORMATION OF PROPER SKIN CARE HABITS IN ADOLESCENTS

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Abstract

The article discusses the significance of parents and professional cosmetologists in shaping proper skin care habits among adolescents. It highlights the main issues related to adolescent skin, such as emotional support, and emphasizes the influence of cosmetologist advice on developing a healthy attitude towards skincare. The article emphasizes the need for a comprehensive approach that includes training, motivation, and psychological support in order to strengthen self-esteem and prevent skin-related issues.

Keywords: teenagers, skin care, parents, cosmetologist, healthy habits, emotional support, adolescent skin, prevention, psychology of care, skin diseases

Introduction

Adolescence is a time of significant physiological and psychological changes, which directly affect the skin and emotional well-being. During this period, young people often experience problems such as acne, oily or dry skin, which can lead to decreased self-esteem and increased stress.

Parents play an important role in supporting their teenagers by helping them establish a proper skincare routine and develop healthy habits that they can maintain throughout their lives. The role of a professional cosmetologist is particularly significant, as they are able to provide not only effective skincare recommendations but also emotional support,

increasing motivation, and helping teenagers cope with any psychological difficulties related to their appearance.

The article explores various approaches to collaboration between parents, adolescents, and cosmetologists to foster a comprehensive and thoughtful approach to skin care.

Parents are the first teachers who can teach teenagers about the basics of hygiene and skin care. It's important to create a positive environment at home where teenagers feel comfortable discussing their skin concerns and emotional state openly. Parents should encourage their teenagers by helping them find the right products for their skin,

explaining the significance of regular routines and a healthy lifestyle (good nutrition, enough sleep, minimizing stress).

Professional cosmetologist assistance is essential to accurately determine skin type, diagnose potential issues, and select personalized care. The cosmetologist educates teenagers on proper washing techniques, product usage, and prevents incorrect actions that could worsen skin conditions. Additionally, a specialist can assist a teenager in addressing psychological aspects related to appear-

ance, increasing self-confidence, and motivating them to care for themselves.

Skincare is not merely a physical process but also a significant aspect of a teenager's emotional well-being. Parental and cosmetologist psychological support reduces anxiety associated with appearance, prevents complex development, and fosters a positive image formation. Joint efforts enable a teenager to cultivate healthy habits and a positive attitude towards their body and self-image (Table 1).

Table 1. *Features of baby skin care*

No.	Indicator	Characteristic
1.	Skin sensitivity	Children's skin is delicate and sensitive, so it can easily become irritated or have allergic reactions. Therefore, it is important to use soft and hypoallergenic products.
2.	Humidification	Regular skin hydration is essential for maintaining healthy skin. It is recommended to use creams and lotions specifically designed for children. It is best to apply moisturizers immediately after bathing, as this will help lock in moisture and prevent dryness.
3.	Sun protection	Children's skin is particularly sensitive to UV radiation, so it's important to use special high-SPF sunscreen starting at 6 months old. Also, it's best to avoid direct sunlight during the peak hours of the day.
4.	Clothing and textiles	You should choose clothes made from natural fabrics, such as cotton or linen, which are free from hard seams and bright dyes. Before wearing new clothes for the first time, it is recommended to wash them to remove any chemical residues.
5.	Monitoring the changes	It is important to regularly check children's skin for redness, rashes, or any other changes.
6.	Proper nutrition	A healthy diet also has a positive impact on the condition of the skin. Make sure your child gets enough fluids and nutrients in their diet.

The cooperation between parents and a professional cosmetologist is essential for the successful establishment of stable and healthy habits in teenagers and the harmonious development of their emotional well-being.

Discussion

It should be noted that the study of adolescent skin care has evolved in parallel with the advancement of dermatology and cosmetology. In the early XX century, scientists primarily focused on adult skin, while adolescent skin was seen as a transitional phase that did not warrant separate study. However, in the 1930s, observations of acne, which often occurs during adolescence, led experts to recognize the importance of understand-

ing the hormonal and physiological changes that occur during this period. These observations led to the discovery of the link between increased sebaceous gland activity and hormonal fluctuations, marking the beginning of the development of methods for caring for and treating adolescent skin.

In the middle of the XX century, during the 1950s and 1970s, with the development of cosmetology and creation of specialized products, the study of adolescent skin began to become more systematic. Scientists started to consider the skin of teenagers as a unique object with special properties, different from those of children and adults. This period was marked by the emergence of the first dedicated cosmetic lines and recommendations for

hygiene aimed at reducing acne and preventing skin issues.

From the 1980s to the 2000s, researchers focused not only on the physical aspects of adolescent skincare, but also on its psychological aspects. Understanding that quality of life and emotional well-being affect skin health led to the development of holistic care programs. Research into skin physiology, external factors, and lifestyle has intensified.

Nowadays, adolescent skin care is considered an interdisciplinary field that integrates dermatology, endocrinology, psychology, and cosmetology. Modern approaches rely on a comprehensive analysis of individual factors, including skin type, hormonal balance, and stress levels, to develop effective and safe treatments and products that not only address specific concerns but also promote long-term skin health.

It should be noted that pediatric dermatology is a specialized branch of medicine that focuses on the diagnosis, treatment, and prevention of skin conditions in children from birth to adolescence. Unlike adult dermatology, pediatric dermatologists take into account the unique characteristics of the developing skin of children, including its increased sensitivity and susceptibility to infections and allergens.

The skin of children differs from that of adults in several ways. It is thinner, with a more prominent vascular system and an immature epidermal barrier, making it more vulnerable to external factors such as infections, allergens, and irritants. These differences in the structure and function of the skin influence the presentation of diseases and require tailored approaches to treatment.

The most significant objectives of modern pediatric dermatology include the early identification and management of inflammatory skin conditions such as atopic dermatitis, psoriasis, and contact dermatitis, as well as infectious diseases of the skin, including fungal and bacterial infections. Additionally, much attention is given to hereditary conditions and genodermatoses, which include pigmentation disorders, congenital skin abnormalities, and tumor processes (Vy-gotsky L. S., 1984).

Modern diagnostic methods in pediatric dermatology include dermatoscopy, labora-

tory tests, and immunological and molecular genetic studies. These methods allow for a more accurate determination of the cause and type of disease. Treatment is based on an integrated approach, combining local and systemic methods, with a focus on minimizing side effects and using safe drugs for children. Topical corticosteroids, immunomodulators, moisturizers, and protective agents are actively used, as well as systemic therapy including biologics if necessary.

Prevention plays an important role, including hygiene, early detection of allergies, and adjustments to diet and lifestyle. Modern pediatric dermatology also takes into account the psychological aspect of skin conditions, as skin problems can significantly impact a child's quality of life and social adjustment.

Results

It should be noted that modern cosmetology for children involves a careful and comprehensive approach to skin care, considering age-related characteristics, high sensitivity, and specific needs of children's skin. Cosmetologists primarily address issues related to skin imbalances, inflammatory processes, allergic reactions, and the consequences of conditions such as atopic dermatitis, juvenile acne, and pyoderma (Pozdnyakova M. A., Krasilnikova O. N., 2016).

The first stage of a cosmetologist's work involves taking a detailed medical history and assessing the skin condition to identify any possible contraindications. Special attention is given to the individual tolerance of cosmetic ingredients and the state of a child's immune system.

Daily practices include gentle cleansing procedures to remove sebum, allergens, and impurities while preserving the protective barrier. For example, using soft foams, gels, and milks containing natural ingredients like chamomile extract, aloe vera, and calendula helps prevent over-dryness and irritation.

Topical cosmetics containing anti-inflammatory and soothing ingredients such as panthenol, dexpanthenol, and allantoin help combat inflammation and redness. For acne or comedones, gentle exfoliants like enzyme peels with low-concentrated fruit acids are used to gently exfoliate keratinized cells

without harming the sensitive skin of children.

Modern cosmetologists use physiotherapy methods, such as LED therapy, to promote wound healing, reduce inflammation, and improve microcirculation, without the risk of skin injury. In some cases, they may also use hardware procedures, such as ultrasound cleaning or low-intensity microcurrent therapy. However, these procedures are only recommended after consultation with a pediatrician and dermatologist, and only for children of a certain age.

It is also important for cosmetologists to educate parents about the rules of home care for their children. This includes teach-

ing them about proper selection of cosmetics, such as hypoallergenic products free from parabens and dyes, as well as controlling the environment, such as nutrition, humidity, and elimination of allergens. The cosmetologist will also inform parents that any application of products or procedures should be done gently and only after consulting with specialists.

In general, modern child cosmetology aims to maintain the health and natural balance of a child's skin, prevent complications, and form good hygiene habits. This helps to avoid the development of chronic skin conditions and promotes the child's overall health and development. (Fig. 1)

Figure 1. Formation of proper hygiene habits in children
(Bekuzarova N. V., Nazarenko E. M., Teterina A. V., 2023)



When working with children, a cosmetologist plays a crucial role in not only providing skin care but also in helping to form healthy habits and providing emotional support. However, this can be challenging due to various factors.

One of the main challenges is the lack of motivation and knowledge among children. Many teenagers are not aware of the importance of regular skin care, leading to irregular and improper procedures. This can make

it difficult for cosmetologists to convince clients to change their habits, especially when these habits are associated with unhealthy lifestyles such as poor nutrition, lack of sleep, and poor hygiene.

Secondly, emotional support requires psychological skills from a cosmetologist, which may not be developed in specialists with a purely technical background. Many teenage clients have low self-esteem and appearance-related complexes, and require

attention and positive feedback. Lack of empathy and communication skills can make it difficult to establish a trusting relationship, reducing the effectiveness of care and the formation of new habits.

Additionally, there is the challenge of limited consultation time. During a single session, a cosmetologist may not be able to fully discuss all aspects of healthy lifestyles for children, including nutrition and psychological well-being, which can reduce the quality of the overall approach. Young clients may also experience stress due to external factors that can negatively impact skin health and complicate the work of the specialist.

In addition, some children may expect instant results and quickly lose interest in long-term therapy, limiting their ability to form sustainable habits. Due to the fast-paced nature of modern life, it can be challenging people to find time for consistent care, and cosmetologists must strike a balance between a client's real capabilities and necessary recommendations.

To successfully form healthy habits and provide emotional support for children, a cosmetologist needs to take a comprehensive and individualized approach that considers the unique characteristics of the child's psychology and physiology.

Firstly, it is important to adapt communication methods. A cosmetologist should use simple and positive language, avoiding complex terms and eliminating fears associated with the procedures. To achieve this, it can be helpful to incorporate game elements and visuals that make it easier for children to understand information about hygiene and skincare.

Secondly, it is essential to involve parents and other close associates of children in the process of establishing healthy habits. By explaining and teaching adults about the right approaches to taking care of and maintaining a child's emotional well-being, a supportive environment can be created in which new beneficial practices can be consolidated and

encouraged. A cosmetologist can suggest simple household routines and regular activities that parents can follow and support.

Thirdly, it's important to develop the cosmetologist's ability to provide psychological support – the skills of active listening, patience, and empathy. This can help establish a trustworthy relationship with the child, reducing anxiety and increasing motivation to follow recommendations. Using praise and encouragement for accomplishments can boost self-esteem and promote the development of positive attitudes.

In addition, the cosmetologist should optimize the time spent with the child by scheduling short but regular sessions in order to avoid tiring the child or causing resistance. It is essential to create a comfortable and relaxed atmosphere in the space where you work with children to minimize stress levels.

Furthermore, it is recommended to engage in preventive conversations and provide accessible advice on topics such as proper nutrition, sleep routines, and hygiene, highlighting the connection between these factors and skin health. The information should be presented in small, easily understandable steps so that the child can gradually incorporate new habits into their daily routine.

Conclusions

Thus, the main challenges for a cosmetologist when it comes to forming healthy habits and providing emotional support for children are low motivation and awareness among parents, lack of psychological skills among professionals, limited time available for complex communication, and high expectations for quick results.

To address these challenges, a systematic approach is required. This includes training cosmetologists in communication skills for working with children, increasing the time available for consultations, and developing customized programs that take into account each child's unique personality and lifestyle.

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