

## 4 Tips to Avoid 'Phone Face'

By Cindy Pearlman KnowMore's Hollywood Insider



Have you noticed that you're breaking out on the cheek where you rest your cell phone? Or perhaps you have this annoying wrinkle in that same area—or a (horrifying!) newly found dark spot. If so, it's time to put your current caller on hold and focus on your skin care regimen.

"We're all so attached to our phones, checking emails, Instagrams, texting, or talking that it's changing our skin issues," says [Dr. Paul Jarrod](#)

[Frank](#), Founder and Director of [The Fifth Avenue Dermatology Surgery and Laser Center](#) in New York City, and author of [Turn Back the Clock Without Losing Time](#). "Your cell is probably leading to breakouts, dark spots, and premature wrinkles." Fortunately, you can reduce the havoc that little necessity is wreaking on your face and neck by heeding these four simple tips.

### Exfoliate your 'phone zone'.

"The area from the temple to the chin, referred to as the 'phone zone,' is prone to breakouts," says Dr. Frank. "Your phone holds onto germs and these germs can be transferred onto your skin."

**What to do:** "To reduce breakouts, it's important to exfoliate the skin and balance oily skin, which can worsen the condition. Make sure to [clean your phone](#) often to rid it of germs and keep your face fresh," he says.

### Hold your phone at eye level.

"Holding your phone low and constantly looking down can cause the collagen in your neck to break down and create an undesirable turkey looking neck called 'text neck,'" says Dr. Frank.

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**What to do:** "To reduce 'text neck,' try to hold your phone at eye level or use different collagen building products for day and night like the [Lifeline Skin Care Defensive Day Moisture Serum SPF 15](#) and [Lifeline Stem Cell Skin Care Recovery Night Moisture Serum](#)."

## Increase the font size on your phone.

Phones usually feature small fonts that make it difficult to read. "Squinting to read texts and emails can cause crows feet and wrinkles to form around your eyes," says Dr. Frank.

**What to do:** "To prevent these troublesome lines, increase the font size and brightness on your phone. Also make sure to use eye cream daily."

## Go hands-free.

The surface of your phone gets hot after a long phone call. "This heat radiated while on the phone can have similar effects to the sun, causing development of dark spots on your face along the phone zone," warns Dr. Frank.

**What to do:** "Help erase or stop these spots by using a hands-free device and applying a product such as [Yes to Grapefruit Dark Spot Correcting Serum](#) twice a day."