

COSMOPOLITAN

4 Ways Your Phone Is Ruining Your Skin

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We've become so dependent of our phones sometimes we forget the daily side effects that come with being permanently attached. Take a look at what cell phones really do to our skin and how we can avoid some of these nasty little issues.

Text Neck

Admit it, whether you're walking, sitting, or laying down you're usually staring down at your phone. According to cosmetic dermatologist [Dr. Paul Jarrod Frank](#), constantly looking down causes the collagen in your neck to break down, leaving that turkey-looking neck. To avoid, hold your phone at eye level and change up your beauty routine. Add collagen building products such as Lifeline Stem Cell Skin Care Defensive [DAY Moisture Serum](#) SPF 15 and Lifeline Stem Cell Skin Care Recovery [NIGHT Moisture Serum](#).

Early Wrinkles

The small fonts on our phones can make us squint causing crows feet and wrinkles around the eyes. Dr. Frank recommends increasing font size and brightness on your phone and using a daily [eye cream](#).

Dark Spots

Know that extreme heat you feel on your face after a two hour convo? Well it can have some of the same effects on your skin as the sun. This will lead to a development of dark spots. Try to avoid them by using a bluetooth device and applying a dark correcting serum such as this one by [Yes to Grapefruit](#).

Acne

The phone zone, located from your temple to your chin, carries lots of oil and germs trapped on your phone which can lead to breakouts. To help reduce breakouts exfoliate your skin to balance the oils in your skin. Don't forget to clean your phone. It has germs from your face, hands, purse and anywhere else you may put it!