

Babies do not need the "mini spa" treatment

Meet Drs. Marjolein Leenarts. A Dutch dermatologist with her own skincare brand. We had a quick chat about the brand Drs. Leenarts, skin and children.

Why did you found Drs. Leenarts?

As a dermatologist, and a mother, I received a lot of questions about everyday skin problems like diaper rash, dry skin, chapped lips and cradle cap. Because I am a dermatologist, I know exactly which ingredients are effective, and which ingredients to avoid, because of allergies.

So I started 4 years ago my own skincare brand. A brand based on dermatological science and knowledge. Drs. Leenarts skincare is the answer to a healthy skin. Off course without perfume or other allergens.

You have two daughters and a son; what kind of habits have you tried to give them when it comes to their skin?

Off course Sun protection! And I try to explain why make-up and nail polish is not necessary when you're 8 years old.

What is your best advice for a family of different ages, sexes and different skin issues?

Because the risk of developing contact allergies, I would advise: try to minimize all the skincare products. Baby's are not that dirty.. everyday bathing is not necessary. When kids are getting older, playing outside and sports; off course there is a need of cleaning! But I would suggest that every other day a bath or shower is enough. And nothing is wrong with an old school washcloth.. Although a lot of cosmetic industries try convince us that it is good parenting to use everyday bodylotion on your toddler, like a " Mini



Drs. Leenarts and her youngest.

spa" .. its complete nonsense. And, yes, there can be adverse effects. Because when you use everyday perfume or scented products on your skin, chances are higher that your child will develop a contact allergy later on in live..

We often say that the most important 2 squaremeters in your life is your skin. How do you think about skin?

Skin is my favorite hobby off course. As a dermatologist in the Red Cross Hospital in Beverwijk I treat all kind of skin diseases. There are more then 3000 dermatological diagnoses. In my work in the hospital I see what kind of impact a skin disease can have on the wellbeing of a person.

What are your plans for Drs. Leenarts?

At this moment we are only sold in the Netherlands, but off course we want to help everyone in the world to get a healthy skin! In the next years we want Drs. Leenarts to grow internationally and we are looking for people to help us!