

Frekz SKINCARE Tween's Guide to Healthy, Happy Skin!







Hey There!

Let's Make Skincare FUN! Taking care of your skin doesn't have to be confusing or boring—it should be simple, fun, and all about helping you feel your best, every day! This guide will help you build easy, healthy habits for glowing, happy skin (without any of the complicated stuff grown-ups do).

Let's get started!



Skincare 101: 5 Simple Steps for Tweens

Keep an eye out for Freklz Skincare product coming your way, formulated specifically with tween skin in mind

Cleanse (Wash Your Face!) – Gently remove dirt, sweat, and oil with a kid-friendly cleanser. Use lukewarm water and massage in gentle circles. Rinse and pat dry!



01.

Hydrate (Moisturize!) – Use a moisturizer every morning to keep your skin soft, smooth, and happy! Nighttime? Apply a night cream to help your skin recharge while you sleep.

03.

Protect (Sunscreen is Your BFF!) – Even if you don't see the sun, UV rays can still affect your skin. Always apply sunscreen before heading outside!

04.

Hands Off! – Touching your face spreads bacteria and oil, which can lead to breakouts. Resist the urge to pick, poke, or pop!

05.

Stay Hydrated & Eat Healthy – Drinking lots of water and eating skin-friendly foods (like fruits and veggies) keeps your skin fresh and glowing. Solution

Products to AVOID!

Not everything in the skincare aisle is good for tweens! O Avoid:

HARSH ANTI-AGING PRODUCTS	Your skin is still developing! Avoid products that say "anti-wrinkle" or "firming."
HARSH EXFOLIATORS	Scrubs with big, rough beads can damage your skin!
SUPER FRAGRANCED PRODUCTS	Strong smells can irritate sensitive skin.
OVER-CLEANSING	Washing too much can strip natural oils and make your skin more oily!

Myth vs. Truth: Skincare Misconceptions

X Myth:

Washing my face more will stop breakouts.

Truth:

Over washing can dry out your skin and make breakouts worse! Wash twice a day—dry skin wash just once.

X Myth:

Skincare is just for girls.

Truth:

Everyone deserves healthy skin! Skincare is for all tweens, no matter who you are.

X Myth:

Popping pimples makes them go away faster.

✓ Truth:

Popping pimples can cause scars and infections—let them heal naturally!

X Myth:

You only need skincare if you have pimples.

✓ Truth:

Skincare builds strong, healthy skin and helps prevent future problems even if your skin is clear now!

Affirmations & Confidence Boosters!

Your skin is part of what makes you YOU!

Confidence comes from loving yourself exactly as you are. Start your day with positive affirmations!

Here are a few ideas:

I am unique, and that makes me amazing!

I take care of myself because I'm worth it.

I am strong, smart, and ready to shine today!



Affirmations & Confidence Boosters!

Create Your Own!

Think of **three** affirmations that make you feel **strong**, **confident**, and **happy**.

Say them **every morning** while applying your moisturizer!



Fun Challenge 7-Day Self-Care Tracker!

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	DAY	Morning Cleanse/Moisturizer	Positive Affirmations	Nightly Cleanse/Moisturizer
	DAY 1			
	DAY 2			
1	DAY 3			
7	DAY 4			
	DAY 5			
	DAY 6			
	Day 7			





Fun Challenge

7-Day Water Tracker!

Color in a glass for every **32 oz** you drink! (Hint, you should color in two cups a day)

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Habit Tracker

Completed the 7 Day challenge?

Way to go! 🎉 🎉 🎉

Keep your routine going for happy, healthy skin all month long!

				-								
	Daily		1	2	3	4	5	6	7	8	9	10
	Cleanser		11	12	13	14	15	16	17	18	19	20
	Daily		1	2	3	4	5	6	7	8	9	10
	Moisturizer		11	12	13	14	15	16	17	18	19	20
	Positive		1	2	3	4	5	6	7	8	9	10
	Affirmations		11	12	13	14	15	16	17	18	19	20
	Nightly		1	2	3	4	5	6	7	8	9	10
	Cleanser		11	12	13	14	15	16	17	18	19	20
	Nightly		1	2	3	4	5	6	7	8	9	10
	Moisturizer		11	12	13	14	15	16	17	18	19	20
	Write 3 Good		1	2	3	4	5	6	7	8	9	10
T	hings From Today	<u>/</u>	11	12	13	14	15	16	17	18	19	20

30 Day Self-Care Challenge

Take care of your mind, body, and vibes!



You're	e am	azin	g just
the	way	you	are

Celebrate what makes you unique, be proud of your wins, and be kind to yourself when things feel tough. Loving yourself takes time but you're already doing it. You deserve to feel awesome every single day.

Keep standing tall and shining bright.



