



MY SKIN ROUTINE

Skin Types Handout, ages 11-13

I think my **skin type** is: _____

My **face cleanser** will be (circle one):

Gentle or creamy

Oil-free and non-comedogenic with salicylic acid or benzoyl peroxide

Mild

My **moisturizer** will be (circle one):

Medium weight with broad spectrum sunscreen

Normal to heavy weight with sunscreen and applied after facewashing

Light and non-comedogenic

I think I should **wash my face** _____ **times per day** because:

I **love my skin** because:

