

# GlowWell Guide|Skincare & Fitness for Moms+ Teens

## 5-MINUTE SKINCARE GUIDE FOR TEENS & BEGINNERS



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# INTRODUCTION

Hey glow-getter!  
Let's keep it real — have you ever looked  
at your skin and thought,  
“Why is this STILL not working?”

Breakouts, dryness, random shine — it's  
like your face is throwing a fit and your  
products just aren't getting the memo.

You're not alone. 70% of teens use the  
wrong products for their skin type—and  
don't even realize it. But here's the glow-  
up secret:

👉 Everything changes once you know your  
skin type — and exactly what to use (and  
skip) in your routine.

This guide breaks it ALL down—no fluff, no  
confusing jargon, just honest advice you  
can use today. So let's figure out your skin  
type, ditch the guesswork, and finally build  
a routine that works for YOU.

👉 Ready to glow? Let's dive in.

# ***WHAT IS SKINCARE? (AND WHY YOU NEED IT)***

Skincare refers to the process of caring for your skin's health and appearance.

It's not just about beauty—it's about protection, confidence, and preventing long-term skin issues like acne, dryness, and early wrinkles.

Think of it like brushing your teeth. You don't wait for cavities—you prevent them. It's the same with skin. A good skincare routine helps you:

Prevent acne

Control oil or dryness

Protect against sun damage

Keep your skin glowing and balanced



# ***GOOD SKINCARE ROUTINE INCLUDES SIMPLE STEPS SUCH AS***

- Cleansers to remove dirt and oil
- Toners to balance and refresh
- Serums to treat concerns like dullness or breakouts
- Moisturizers to hydrate
- Sunscreens to protect your glow ☀️

# **UNDERSTANDING YOUR SKIN TYPE**

## **1. Oily Skin**

**Feels:** greasy, especially in the T-zone  
(forehead, nose, chin)

**Common struggles:** acne, clogged pores,  
shiny appearance

**Needs:** oil control, exfoliation, lightweight  
hydration

## **2. Dry Skin**

**Feels:** tight, flaky, dull

**Common struggles:** irritation, rough  
texture, sensitivity

**Needs:** deep hydration, gentle cleansing

### **3. Combination Skin**

**Feels:** oily in some areas (usually T-zone), dry in others

**Common struggles:** managing both dryness and breakouts

**Needs:** balanced care, targeted treatments

### **4. Sensitive Skin**

**Feels:** itchy, easily irritated, reacts to many products

**Common struggles:** redness, stinging, allergies

**Needs:** minimal, fragrance-free, calming products

### **5. Normal Skin**

**Feels:** balanced—not too oily or dry

**Common struggles:** maintaining results, occasional changes

**Needs:** gentle maintenance, protection

**Tip:** No matter your skin type, consistency is key! Your skin loves a routine.



## BASIC SKINCARE STEPS

Cleansing

Toning

Moisturizing

Sunscreen

# THE PERFECT SKINCARE ROUTINE FOR EVERY SKIN TYPE

Not sure what your skin type is? Shiny one minute, flaky the next? Or just super sensitive to... everything?

No stress — we've all been there.

Whether your skin's oily, dry, combo, or just plain confused, I've broken down exactly what you need (and nothing you don't) to build your perfect morning skincare routine. These are quick, budget-friendly, and beginner-approved — with clickable links so you can glow-up ASAP.

Let's get into it.

# Oily Skin Morning Routine

“Why is my forehead a mirror by 10 AM?”

**Goal:** Control oil, stop breakouts, and keep your skin looking fresh, not greasy.

Start with a foaming cleanser like [\*\*CeraVe Foaming Facial Cleanser\*\*](#) or [\*\*La Roche-Posay Effaclar Cleanser\*\*](#) to wash away excess oil and bacteria. Then Follow with an exfoliating toner, such as [\*\*Paula's Choice BHA Liquid Exfoliant\*\*](#), to help keep blackheads and breakouts in check.

Follow it up with a lightweight, oil-free moisturizer like the [\*\*Neutrogena Hydro Boost Water Gel\*\*](#) or [\*\*CeraVe PM Facial Moisturizing Lotion\*\*](#). Trust me, even oily skin needs moisture. Finally, lock it all in with [\*\*La Roche-Posay Anthelios SPF 60\*\*](#) – a matte sunscreen that won't leave you looking shiny.

 **Budget Picks:** [\*\*Cetaphil Oily Skin Cleanser\*\*](#) + [\*\*The Inkey List Niacinamide\*\*](#) for breakout control on a budget.

**Quick Tip:** Don't over-wash. Stripping too much<sup>10</sup> oil makes your skin pump out more!

# Dry Skin Morning Routine

“Why does my face feel like sandpaper?”

**Goal:** Hydrate, soothe, and stop the flaking.

Start your morning with a gentle, creamy cleanser like [Vanicream Gentle Facial Cleanser](#) that doesn't strip your skin. Next, swipe on or pat in a hydrating toner like [Avene Thermal Spring Water](#) or [Klairs Supple Preparation Toner](#) – it's packed with hyaluronic acid to attract moisture.

Follow with a rich, skin-loving moisturizer like [CeraVe Moisturizing Cream](#) – ceramides for the win! Then finish with a non-alcohol SPF like [Eucerin Daily Hydration SPF 30](#) or [EltaMD UV Daily Broad-Spectrum SPF 40](#) to protect while keeping that glow locked in.

 **Budget Picks:** [Simple Rich Moisturizer](#) + [Aquaphor Healing Ointment](#) for flaky patches.

**Quick Tip:** Press your moisturizer in instead of rubbing – it helps your skin absorb it better. <sup>11</sup>

# Combination Skin Morning Routine

“Dry cheeks, oily T-zone? Same.”

**Goal:** Balance it all out without overdoing it.

Use a gentle gel cleanser like [CeraVe Hydrating Cleanser](#) or [La Roche-Posay Toleriane Cleanser](#) that removes oil without drying your cheeks. Go in with a balancing toner like [Paula's Choice Pore-Refining Toner](#), which calms oily zones without irritating dry areas.

A gel-cream moisturizer like [Neutrogena Hydro Boost Gel-Cream](#), or [Clinique Moisture Surge 100H](#) will keep your skin balanced and hydrated. Wrap it all up with [Supergoop](#) 40! Unseen Sunscreen — it's invisible and lightweight.

**Budget Picks:** [e.l.f. Hydrating Gel Moisturizer](#) + [Neutrogena Clear Face SPF](#)

**Quick Tip:** Use more moisturizer on dry spots and less on oily areas — your skin will thank you.

# Normal Skin Morning Routine

“Everything’s chill... for now.”

**Goal:** Keep your skin happy and protected.

Wash your face with a gentle cleanser like [Cetaphil Daily Facial Cleanser](#), then refresh it with a splash of [Thayers Rose Water Toner](#).

Moisturize with a lightweight, calming cream like [Aveeno Calm + Restore](#), and protect your healthy skin barrier with [Biore Aqua Rich SPF 50](#) – super hydrating and great under makeup.

**Budget Picks:** [Garnier SkinActive Micellar Gel Wash](#) + Simple Protecting Light Moisturizer SPF 30

**Quick Tip:** Normal skin can change with seasons, hormones, or stress. Stay flexible!

# Sensitive Skin Morning Routine

My skin screams when I try new stuff."

**Goal:** Keep your skin calm, cool, and unbothered.

Use a no-drama, fragrance-free cleanser like [Vanicream Gentle Facial Cleanser](#) or [Avene Extremely Gentle Cleanser](#). If your skin can tolerate it, lightly mist with Avene [Thermal Spring Water](#) to reduce redness.

Then, moisturize with [Vanicream Daily Moisturizing Lotion](#), and protect your skin with a mineral-based SPF like [EltaMD UV Clear SPF 46](#).

**Budget Picks:** [Cetaphil Gentle Skin Cleanser](#) + [Blue Lizard Sensitive Mineral SPF](#)

**Quick Tip:** Patch test new products on your jaw or neck before going full-face!

# “What If I Have Acne?”

Here's the thing – acne isn't a skin type. You can be oily, dry, or combo and still deal with breakouts. The key? Don't overload your skin.

✓ Add a spot treatment like [Clean & Clear Persa-Gel 10 with Benzoyl Peroxide](#)

✓ Use non-comedogenic everything

🚫 Avoid coconut oil, heavy makeup, or harsh scrubs

🔥 Hot Take: More scrubbing = more breakouts. Be gentle and patient.

# CONCLUSION

Skincare doesn't have to be scary or expensive, and it doesn't have to take forever.

This 5-minute morning routine is the easiest way to start showing up for your skin — and yourself.

Remember, consistency is key because real glow-ups start with real habits.

## ***JOIN THE GLOW LIST***

Want more quick skincare tips, product recs, and freebies?

Join the Glow List to get new routines and printables made just for teens + beginners.

***Sign Up Here***



**glowwellguide.com**

# GlowWell Guide | Skincare & Fitness for Moms + Teens

**START YOUR GLOW  
JOURNEY TODAY!**



**THANK YOU**





# 7-Days Skincare Challenge

## How to Use:

- Check off each box as you complete that step daily.
  - Stay hydrated — aim for 6 to 8 cups of water.
- Use the notes column to reflect or jot down any changes or breakouts.

Days	Cleanse	Tone	Moisturize	SPF	Lip Care	Hydrate ( Water)	Notes
1							
2							
3							
4							
5							
6							
7							

*How did your skin feel after 7 days?*

*“Remember, even 5 minutes of self-care is a win. Keep glowing – one day at a time!”*

# Quiz: What's Your Skin Type? (Find Your Glow Match)



**Answer the questions and tally your letters  
to find your skin type!**

1 **1. By the middle of the day, my face usually feels...**

- a) Shiny and oily
- b) Tight or flaky
- c) Oily in some spots, dry in others
- d) Pretty normal — not too dry or oily

2 **2. After washing my face, it feels...**

- a) Fine — just clean
- b) Dry or itchy
- c) Dry in some spots, oily in others
- d) Balanced and smooth

3 **3. I deal with...**

- a) Frequent breakouts and clogged pores
- b) Dry patches or redness
- c) Both breakouts *and* dry spots
- d) Barely any skin issues

#### 4 **4. When I try new products, my skin...**

- a) Handles them fine
- b) Reacts with redness or burning
- c) Sometimes reacts, but not always
- d) Rarely has issues

#### 5 **Results:**

- **Mostly A's = Oily or Acne-Prone Skin**
- **Mostly B's = Dry or Sensitive Skin**
- **Mostly C's = Combo Skin**
- **Mostly D's = Normal Skin**

*Now you know your skin type! Flip back to the routine that works best for you.*