

THE GLOBAL SKIN EDIT

FREE GUIDE

The Tween & Teen Skincare Cheat Sheet

One page. Everything their skin actually needs, everything to keep away from it, and when to call a doctor. Stick it inside the bathroom cabinet.

By Janelle Moser · theglobalskinedit.com

Honest, evidence-based skincare. Written by a mum, not a brand.

The one-page cheat sheet

Everything a tween or teen actually needs is short, cheap, and takes about ninety seconds a day. Here it is, on one page, backed by real dermatology guidance.

The whole routine (about 90 seconds)

- ☐ Gentle, fragrance-free cleanser — morning and night
- ☐ Light, non-comedogenic moisturiser — morning and night
- ☐ Non-comedogenic face sunscreen — every morning (the big one)
- ☐ Teens only, if breaking out: a gentle niacinamide, introduced slowly

Look for these words on the label

- ☐ Non-comedogenic (means it won't clog pores)
- ☐ Fragrance-free
- ☐ Gentle / for sensitive skin
- ☐ Mineral sunscreen (zinc oxide or titanium dioxide)

Put it back on the shelf if you see

- ☐ Retinol or retinoids
- ☐ Exfoliating acids (glycolic, lactic) or vitamin C
- ☐ Fragrance / parfum
- ☐ Tea tree or lavender oil (especially for boys)
- ☐ Anything promising to "brighten," "renew" or "anti-age"

Call the GP if

- ☐ Acne is deep, painful or scarring
- ☐ It's clearly upsetting your child
- ☐ Nothing improves after a couple of months
- ☐ Any new, changing or unusual mole or spot

Want the why behind every line?

This cheat sheet is the short version. If you'd like the full story — what's actually happening to their skin, how to handle the "but everyone on TikTok has it" argument,

the bit about boys nobody else writes, and exactly when to see a doctor — it's all in **The Parent's Handbook to Tween & Teen Skin.**

Get the full 16-page handbook at theglobalskinedit.com

This cheat sheet is educational and is not medical advice. It's written by Janelle Moser of The Global Skin Edit, who is not a doctor, and is based on publicly available dermatology and paediatric guidance. Every child's skin is different, and anything worrying, painful or persistent should be checked by a GP or dermatologist. © 2026 The Global Skin Edit. Free to share with other parents. Please keep it intact and credited.