

## BASIC SKIN CARE

There's a zillion skin care products on the market that promise clear, unwrinkled, lifted and even skin. However, the reality is that the most important thing you can do to prevent damage is to protect your skin from the sun. Cleansing and hydrating are fundamental steps in any skincare routine, and you can find excellent products at various price points. What's most important is finding products that suit your skin type and address your specific concerns. So, whether it's a drugstore find or a high-end product, if it works for you (and your budget) that's what matters.

### SUN PROTECTION

According to the Skin Cancer Foundation an estimated 80 percent of skin aging is caused by the sun. Protect your skin from harmful UV rays by applying a broad-spectrum sunscreen with an SPF every morning, even on cloudy days. Reapply every two hours if you're spending time outdoors.

### KEEP IT SIMPLE

As a tween, your skin is still developing, so it's essential to keep your skincare routine simple and gentle. Opt for mild, soap-free cleansers that won't strip away natural oils.

### DAILY CLEANSING

Wash your face twice a day, in the morning and before bed, using a gentle cleanser suitable for your skin type. This helps remove dirt, oil, and impurities that can clog pores and cause breakouts.

### MOISTURIZE, MOISTURIZE, MOISTURIZE

Hydration is key! After cleansing, apply a lightweight, non-comedogenic moisturizer to keep your skin hydrated and balanced. Choose a lightweight moisturizer with SPF to apply in the morning.

### SAY NO TO HARSH PRODUCTS

Avoid harsh skincare products containing alcohol, fragrances, or abrasive ingredients, as they can irritate your delicate skin and cause redness or dryness.

### TREAT ACNE WITH CARE

If you're dealing with acne, choose skincare products specifically designed for acne-prone skin. Look for ingredients like salicylic acid or benzoyl peroxide to help target and treat breakouts gently.

### EMBRACE YOUR NATURAL BEAUTY

Remember, beauty comes in all shapes, sizes, and colors! Embrace your natural features and celebrate what makes you unique. Experiment with makeup if you're interested, but always remember that you're beautiful just the way you are.

### PRACTICE SELF-CARE

Taking care of your skin isn't just about the products you use—it's also about how you treat yourself. Practice self-care by getting enough sleep, eating a balanced diet, staying hydrated, and managing stress.

## BASIC MAKEUP TECHNIQUE

Makeup is a fun thing to play with and there's no 'perfect' way or trend that everyone should use. Think of makeup as an accessory, something that you can change depending on your day, or completely go without. Apply products to perfect and enhance your unique face shape and features. Choose techniques and products that suit your style, because as soon as one trend enters another one is just around the corner.

### EVEN OUT YOUR SKIN

Whether you have any blemishes, red or dark spots you can use a sheer foundation (BB, CC, Tinted Moisturize) to even your complexion and give a healthy glow. Spread over your skin with fingers or a damp sponge. Choose one like ELF CC cream that has SPF and skin care.

### GET YOUR GLOW ON

A healthy glow looks great on everyone, but you don't want to be a shiny mess! Apply highlights to the places that you want to accentuate: the tops of the cheekbones, over the eye lid.

### POP OF BLUSH

Skip the contour products and add dimension and color to your skin with blush. Apply a sheer wash of color like the Pixi on the glow blush on the apples of your cheeks and along the cheekbone.

### HYDRATED LIPS

Lips need protection too! Whether you're out playing sports, at the pool or beach wear a lip product with SPF. For a healthy glow try a gloss like Colour Pop So Juicy. Sheer and glossy!

### EYES ON YOU

Sheer washes of color are always on trend! Keep it simple and sweep a shimmery eye shadow over your entire lid. Blend out the edges with your fingers or an eye shadow brush. Easy Peasy.

## PRODUCT RECOMMENDATIONS

### Colour Pop Cosmetics

Eye Shadow Palettes:

[Golden bronze/brown](#)

[Pinky/Plum](#)

[Opal/Ethereal](#)

[So Juicy Lip Gloss](#) (Lancome Juicy Tube Dupe)

### ELF Cosmetics

[Bronzing Drops](#) (Drunk Elephant Dupe)

[Halo Glow Beauty Wand](#) (Charlotte Tilbury Dupe)

[Elf Camo Hydrating CC Cream](#) (IT Cosmetics Dupe)

### Pixi Beauty

[On the Glow Bronzer](#)

[On the Glow Blush](#)

### NYX Cosmetics

[Butter Gloss](#)