



Hello Beautiful

Welcome to our online
TEEN SKINCARE WORKSHOP



We are your hosts



*Kristine Ross and
Sam Frost*



It's important to note that Kristine and Sam are not trained psychologists or counsellors or dermatologists and they are not intended to be a substitute for professional medical advice. Always seek the guidance of your doctor or other qualified health professional with any questions you may have regarding your health or medical condition.



Let's Begin!

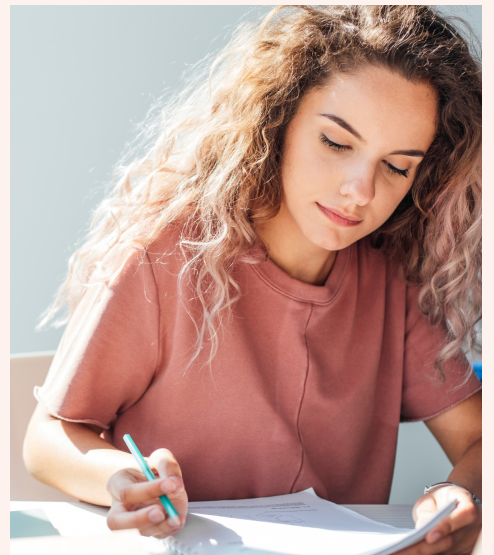


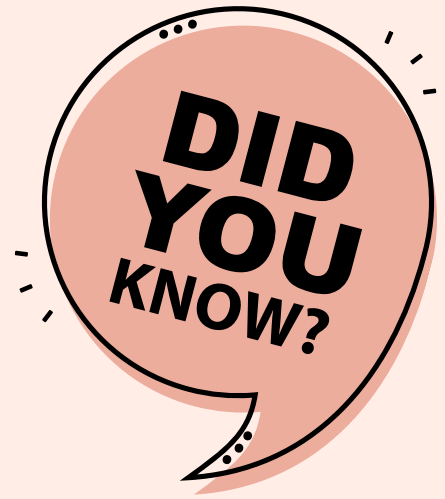
EMPOWERING THE WOMEN
OF TOMORROW
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Class outline

Today we'll be covering:

- SKIN FACTS
- DIFFERENT SKIN TYPES
- ACNE
- TIPS FOR CONTROLLING BREAKOUTS
- SKINCARE TUTORIAL





YOUR SKIN IS THE LARGEST ORGAN OF THE BODY!

Your skin plays a vital role in detecting hot and cold, regulating your body temperature and protecting your muscles, bones and internal organs from outside infection and disease

THE SKIN RENEWS
ITSELF EVERY
28 DAYS

Your skin is home to more than 1,000 species of bacteria, approximately

SOME OF THE DIFFERENT

Skin Types





Acne

Acne is a skin condition that occurs when your hair follicles become plugged with oil and dead skin cells. It often causes whiteheads, blackheads or pimples, and usually appears on the face, forehead, chest, upper back and shoulders.

Acne commonly starts during puberty between the ages of 10 and 13 years, though it affects people of all ages.

Some causes of acne -

Stress

Hormones

Puberty

Cosmetics

Diet

Genetics

Some medications

Picking or squeezing blemishes

GENERAL TIPS FOR *Controlling Breakouts*



Two gentle washes a day is enough.

Don't over-wash or use harsh scrubs

Keep hair clean and away from the face

Use oil-free products

Let your skin breathe

Don't squeeze or pick blemishes

Popping pimples can drive acne bacteria deeper into the skin. Picking can lead to more inflammation and permanent scarring.

Some extra tips



- Make sure you wear sunscreen with a good SPF - This helps combat the damage that the UV rays cause. They recommend, applying 30 minutes prior to heading out into the sun.



- Don't rub your skin with a towel. Pat dry.
- Try and avoid touching your face. It's amazing how often we touch our face without even realising.
- Drink plenty of water - Works wonders for your skin. Keeps your skin hydrated.



- Do not go to bed wearing make-up.



Zzz

- Get plenty of sleep - Your skin repairs itself while you are asleep. Our body calms down and the skin rejuvenates itself. So sleep is very important.



- Wash your pillow cases regularly.

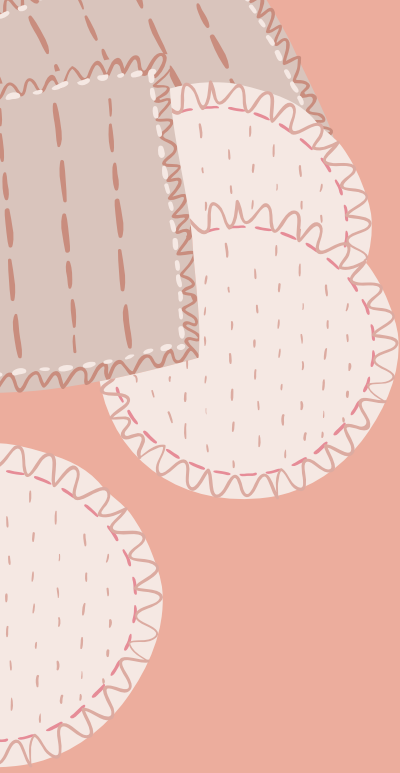




Do you currently
have a skincare
routine?

IDEALLY, IT'S GREAT TO START FROM THE
AGE OF 10-12 YEARS





My skincare routine



Luv Ur Skin
products are a great
place to start

USE CODE: **lus30**
www.luvurskin.com.au

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Please don't let acne or blemishes define who you are. Do what you can to improve your skin, working with a dermatologist, if necessary, and keep doing the things you love and enjoy!

Love Kristine and Sam xo





You are enough

This is your reminder that YOU, in your skin, in
your natural state, in simply being -
are ENOUGH.

You don't have to shape or change. You don't have
to beat yourself up for mistakes of the past, for the
times you lost your way.

You, right here, right now.
Just the way you are -
are ENOUGH.

You have always been enough.

You will always be enough.

DATE



Workshop Reflection

My favourite part of today's workshop was -

.....

Today I learnt -

.....

I promise myself that -

.....

Thanks so much for being here!

Here is where you can find us:



Instagram

@stronger_bybelieve

Head to the
'Self-care' tab on our
website for some *free*
worksheets!!



www.strongerbybelieve.com

References &

HELPFUL CONTACTS

Luv Ur Skin

www.luvurskin.com.au

All About Acne

www.acne.org.au

Health Direct

www.healthdirect.gov.au/acne