

Turning Teen

Printable Shopping Guide

Real picks for real teens. Tear this off and take it to the store with you.

■ Pads

Tip: Try a couple of brands, pads feel different from person to person.

Tip: Overnights are longer and hold more. Great for sleep and camp.

Tip: Change every 4-6 hours, even on light days.

- Always Teen Ultra Thin Pads
- Always ZZZ Overnight Pads
- Kotex Teen LeakShield Pads
- Pinkie Teen Pads
- Cora Made-to-Move Organic Pads

■ Period Underwear

Tip: Rinse in cold water after wearing, then wash on cold and hang dry.

Tip: Have 3-5 pairs so you always have a clean one ready.

- Thinx Teens Period Underwear
- Hanes Girls 4-Pack Period Hipster
- KT by Knix Period Underwear

■ Face Cleansers

Tip: Normal / Dry skin: creamy or lotion cleanser.

Tip: Oily / Acne-prone skin: gentle foaming or gel cleanser.

Tip: Wash with your hands, not a rough scrub.

- Vanicream Gentle Facial Cleanser
- CeraVe Hydrating Facial Cleanser
- CeraVe Foaming Facial Cleanser
- Cetaphil Gentle Skin Cleanser

■ Tampons

Tip: Only try tampons when you feel ready. There is no rush.

Tip: Change every 4-8 hours, never leave one in longer than 8.

Tip: Read the TSS warning inside every box with a grown-up.

- Rael Organic Cotton Tampons (Regular)
- Tampax Pearl Lite Tampons
- Playtex Sport Regular Tampons

■ Bras & First Layers

Tip: Cami with a built-in shelf = easiest first layer.

Tip: Sports bra / bralette = comfy, no hooks, great for school.

Tip: Front-hook or back-hook bra = when you want more support.

- Fruit of the Loom Girls Camisole with Shelf Bra
- Yellowberry Starter Bralette
- Aerie Real Me Sports Bralette
- Auden / Target Padded Bralette

■ Moisturizers

Tip: Even oily skin needs moisturizer.

Tip: Lotion for normal skin, cream for dry skin, gel for oily skin.

- CeraVe Daily Moisturizing Lotion
- CeraVe Moisturizing Cream
- Neutrogena Hydro Boost Water Gel

■ Deodorant & Antiperspirant

Tip: Deodorant covers smell. Antiperspirant reduces sweat.

Tip: Most teens start with a gentle deodorant.

- Native Sensitive Deodorant
- Dove Invisible Solid Antiperspirant
- Each & Every Natural Deodorant

■ Sunscreen

Tip: SPF 30 or higher, every day, rain or shine.

Tip: Reapply every 2 hours outside.

Tip: A hat + sunglasses + UPF shirt beat any bottle.

- EltaMD UV Clear Broad-Spectrum SPF 46
- CeraVe Hydrating Mineral Sunscreen SPF 50
- Neutrogena Clear Face SPF 50

■ Sun-Protective Gear

Tip: Clothes are the strongest sunscreen.

Tip: Grab a wide-brim hat, UPF swim shirt, and real UV sunglasses.

- Coolibar Wide Brim Sun Hat
- Cat & Jack Kids UPF 50 Rash Guard
- goodr Polarized Sunglasses

■ Ingredients Cheat Sheet

■ Look for these

- Green tea extract** - Calms skin, protects from stress.
- Niacinamide** - Evens skin tone, strengthens young skin.
- Hyaluronic acid** - Locks in hydration.
- Gotu kola** - Soothes redness and irritation.
- Panthenol** - Calms and softens.
- Glycerin** - Draws moisture into the skin.

■ Skip these (for now)

- Retinols** - Too strong for young skin.
- Vitamin C** - Can irritate, save for later.
- Exfoliating scrubs** - Damages sensitive young skin.
- AHA / BHA acids** - Glycolic + salicylic, irritating for tweens.
- Fragrance** - Common cause of irritation.
- Essential oils** - Can be allergenic on young skin.
- Parabens** - Possible hormone disruptors.
- Sulfates** - Harsh, especially near breakouts.
- Alcohol (drying)** - Dries skin, damages skin barrier.
- Peptides / growth factors** - Not needed on young skin.

■ Notes

*This is not medical advice. For health questions, ask a doctor or trusted adult.
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