



Moisturiser Visual Guide for Children

This guide gently explores what moisturiser is, how it helps the skin, and what might be included — like water, oils and butters, occasional active ingredients, or added fragrance and texture.

With **soft colours**, **friendly visuals**, and **clear language**, each panel supports **emotional regulation**, **sensory understanding**, and **relational trust**.

If moisturiser feels unfamiliar or seems a little confusing sometimes, this guide is here to help things feel more manageable — **one soothing swirl at a time**.

Questions You Might Have

What is moisturiser made of?

Moisturisers are smooth blends of water, oils, and skin friendly ingredients that help keep skin soft. These components work together to hydrate and protect the skin.

What do oils and butters do in moisturiser?

Natural or gentle oils (like shea, almond, or coconut) help lock in moisture and protect the skin. They create a barrier that prevents water loss and keeps skin soft.

How do I choose moisturiser for sensitive skin?

Look for moisturisers made for sensitive skin with minimal ingredients, no fragrance, and gentle, natural oils. These formulations reduce the risk of irritation while still providing hydration.

What's Inside Moisturiser



A sensory-safe guide to how it soothes, protects, and cares for skin.

Smooth Swirls Of Care



Moisturiser is a soft cream made of water and oils that helps keep skin smooth.

Water (Main Ingredient)



Water helps hydrate the skin & makes the cream feel light & easy to spread.

Oils & Butters



Soft oils, like shea or coconut, help lock in moisture & protect the skin.

Extra Ingredients



Some creams have extras like vitamins or plants that help skin stay calm and safe.

Fragrance & Feel



Some moisturisers have a light smell or feel smooth — others are plain.