



ALKEME LIBRARY

SELF CARE

YOU, WELL

An alkeme guide to caring for your

skin, body + inner world

For every girl learning how to be at home in herself.

CREATED FOR GAME ON, GIRLS! . 20 SEPTEMBER 2026

BEFORE WE BEGIN

There are a lot of messages in the world telling girls what they should be.

How they should look.

How they should dress.

How much space they should take up.

What their skin should look like.

What their body should look like.

Whether they're too loud, too quiet, too strong, too sensitive, too much or somehow not enough.

This isn't one of those messages.

This little book isn't about becoming a better version of you.

It's about taking care of the version that's already here.

The one who swims.

Runs.

Laughs until her stomach hurts.

Gets nervous.

Gets sweaty.

Has brilliant days and terrible ones.

Needs other people.

Sometimes needs to be alone.

Is growing and changing all the time.

Your body isn't an ornament.

It's the place you get to live your life from.

And learning how to care for it might be one of the most powerful things you ever learn.

Welcome to YOU, WELL.

Let's begin.

Your Body Is On Your Team

Your body does thousands of things for you every day without you asking.

Your heart beats.

Your lungs breathe.

Your muscles move you.

Your skin protects you.

Your brain learns, imagines and remembers.

Your body adapts when you train and repairs itself when you rest.

It will also change. A lot. Especially while you're growing.

Sometimes those changes might feel exciting. Sometimes awkward.

Sometimes you might wish your body looked different.

That's okay.

You don't have to love every part of your body every second of every day.

But you can learn to respect it, listen to it and care for it.

TRY ASKING A DIFFERENT QUESTION

Instead of: "How does my body look today?"

Try: "What has my body helped me do today?"

REMEMBER THIS

Strong isn't a body shape.

Your skin doesn't need to be perfect. Actually, there's no such thing as perfect skin.

Pores, texture, freckles, oil, dryness, pimples and the occasional mysterious thing that appears on your chin before something important are all part of having human skin.

During puberty, hormones can change how much oil your skin produces, so breakouts may become more common.

The answer usually isn't attacking your skin with everything in the bathroom cabinet.

Keep things simple.

YOUR BASIC SKIN RITUAL

- 01 CLEANSE
Wash away sweat, sunscreen, dirt and excess oil with a gentle cleanser.
- 02 HYDRATE
Use a simple moisturiser to help support your skin barrier.
- 03 PROTECT
Wear broad-spectrum sunscreen when you're outdoors and reapply as directed.



That's a pretty excellent foundation.

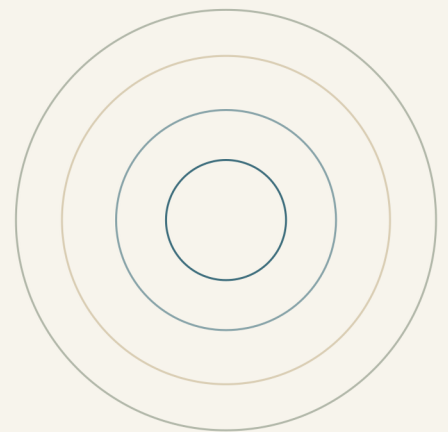
REMEMBER THIS

Your skin is an ecosystem. Work with it, not against it.

Swimming is incredible for your body, but chlorine, sun, repeated showering and hours spent in the water can leave skin and hair feeling dry.

After swimming:

- Rinse your skin and hair with fresh water.
- Gently cleanse rather than scrubbing.
- Apply moisturiser while your skin is still slightly damp.
- Change out of wet swimwear when you can.
- Drink some water.
- Give your hair and scalp a little extra care if they're feeling dry.



And remember...

Smelling vaguely like a swimming pool after training is not a personal failure.

It's practically part of the uniform.

Your Nervous System Needs Recovery Too

Training isn't only physical.

Competition, school, friendships, phones, expectations and everyday life all create stimulation for your nervous system.

Your body is designed for rhythm.

Effort + recovery.

Movement + stillness.

Focus + release.

Learning how to calm your system can help you reconnect with yourself when everything feels a little loud.

TRY THIS — THE 60-SECOND RESET

Put both feet on the ground.

Relax your jaw.

Drop your shoulders.

Breathe gently in through your nose.

Let your exhale be a little longer than your inhale.

Notice three things you can see.

Notice two things you can hear.

Notice one thing you can feel.

Then ask yourself: "What do I need right now?"

You don't have to solve everything. Sometimes you just need to come back to where you are.

REMEMBER THIS

You are only one breath away from beginning again.

Rest isn't what happens when you've finished doing the important things.

Rest is one of the important things.

Sleep and recovery help your body repair muscle, regulate hormones, consolidate learning and prepare for whatever you're asking it to do tomorrow.

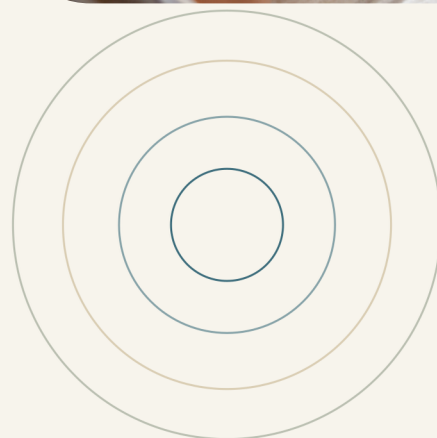
Athletes need rest.

Growing bodies need rest.

Brains need rest.

Humans need rest.

You don't need to earn it.



Your body needs energy.

To swim.

To concentrate.

To grow.

To recover.

To laugh with your friends.

To menstruate.

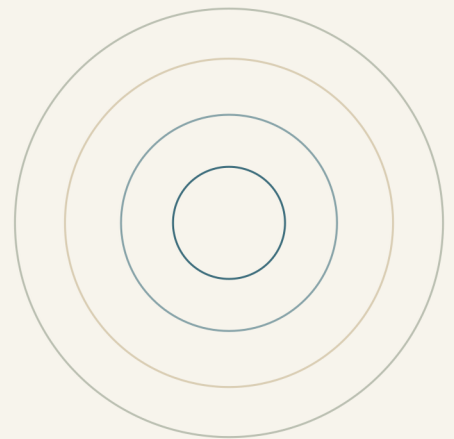
To think clearly.

And simply to exist.

Food isn't a punishment or reward, and exercise isn't something you have to do to earn food.

Learning to nourish yourself is part of learning to care for yourself.

And water matters too, particularly when you're active.



Think less about feeding a particular body shape.

REMEMBER THIS

Think about fueling the human who has things she wants to do.

Your Body Will Change

Puberty isn't a before-and-after picture.

It's years of becoming.

Your height may change.

Your shape may change.

Your skin might change.

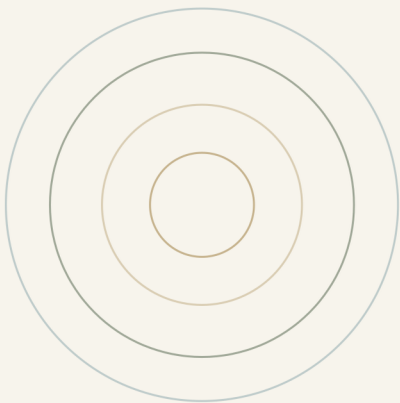
Your hair might change.

Your period may begin.

You may suddenly notice parts of yourself you barely thought about before.

And your friends' bodies may change at completely different times.

There isn't one correct timeline.



REMEMBER THIS

*Your body isn't behind. Your body isn't ahead. It's yours.
Give it room to grow.*

Watch How You Speak to You

We can say things to ourselves that we'd never dream of saying to somebody we love.

I'm terrible at this.

Everyone is better than me.

I look awful.

I can't do it.

The next time you notice that voice, ask:

Would I say this to my best friend?

If the answer is no, try again. Not with fake positivity. With kindness.

INSTEAD OF

I failed.

TRY

*That didn't go how I wanted.
What can I learn?*

INSTEAD OF

I hate my body.

TRY

*I'm having a hard day with my
body. I can still care for it.*

The voice you hear most throughout your life will be your own.

Make it somewhere safe to live.

Find Your People

Independence is wonderful.
So is knowing when you need somebody.

Friends. Sisters. Brothers. Parents. Coaches. Teachers.
Mentors. Teammates.

The people around us can help us see ourselves more
clearly when our own view gets cloudy.

Strength doesn't mean doing everything alone.

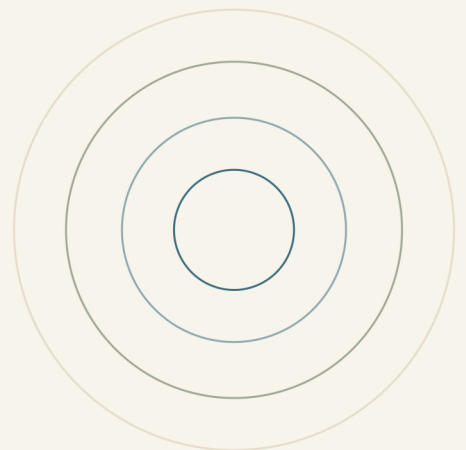
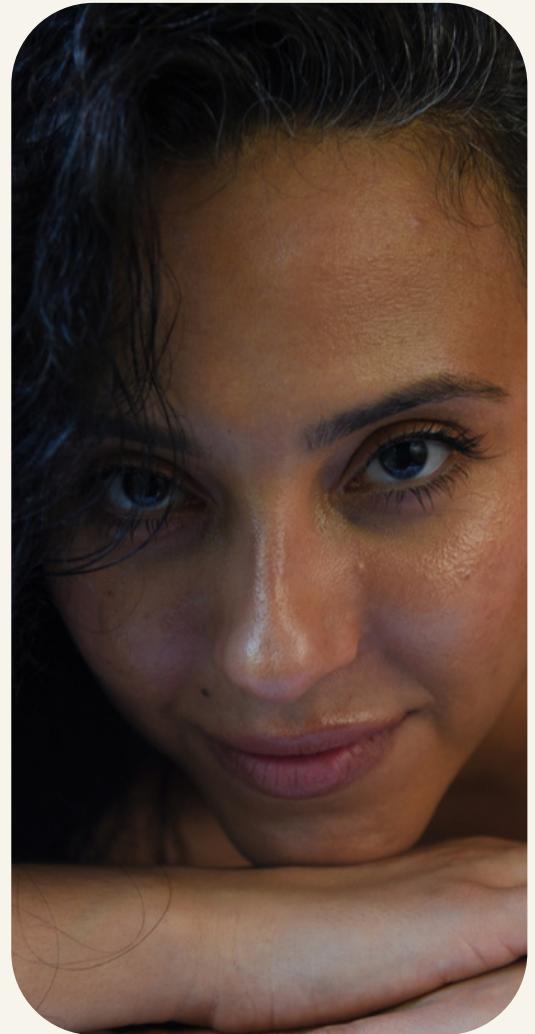
Sometimes strength sounds like:

"Can I talk to you?"



Boundaries Are Self-Care

- ☐ You are allowed to say no.
- ☐ You are allowed to change your mind.
- ☐ You are allowed to leave situations that make you uncomfortable.
- ☐ You are allowed to protect your time.
- ☐ You are allowed to choose who gets access to your body and your personal space.
- ☐ You are allowed to ask questions.
- ☐ You are allowed to speak up when something doesn't feel right.



And you don't have to become less of yourself to make somebody else comfortable.

REMEMBER THIS

Your boundaries belong to you.

Create Your Own Ritual

Self-care doesn't need to look like anyone else's.

It doesn't have to be expensive. And it definitely doesn't have to photograph well.

Your ritual might be swimming. Music. Reading. Being outside. Doing your skincare. Making something. Talking to someone you love. Going to bed early. Taking five slow breaths. Walking barefoot through the grass. Or doing absolutely nothing for ten glorious minutes.

Try creating your own:

MY DAILY THREE

Something for my body:

Something for my mind:

Something simply because I love it:

Small things, repeated often, become rituals.

And rituals can remind us to come home to ourselves.

One Last Thing

There will always be voices telling girls how they should look, who they should be and how much space they should take up.

I hope yours becomes one of the voices you learn to trust most.

Be curious about yourself.

Care for your body.

Rest when you need rest.

Move because movement feels good.

Ask for help.

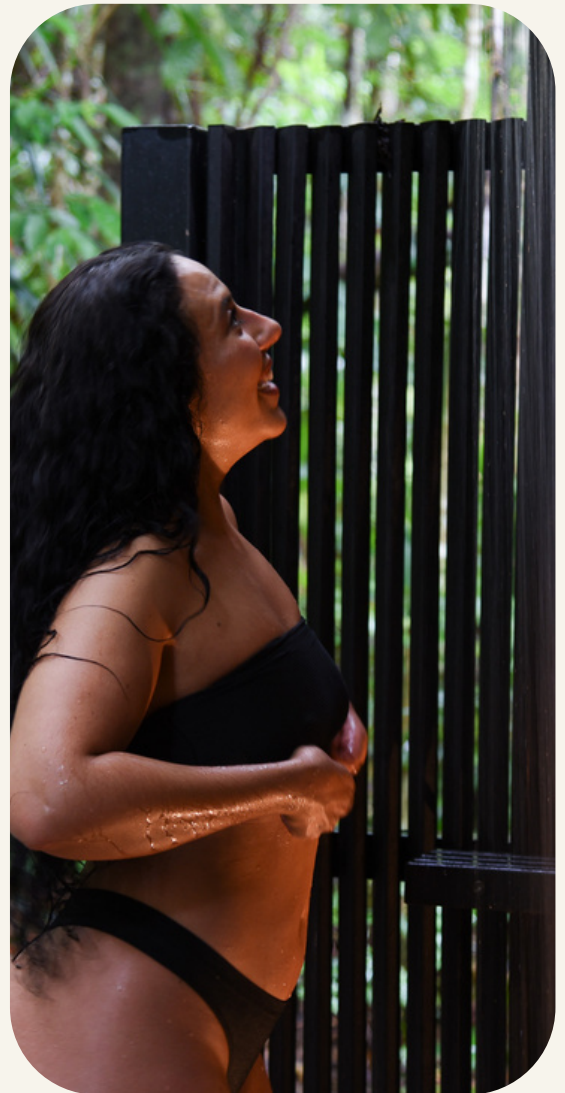
Protect your boundaries.

Find people who make you feel more like yourself, not less.

And remember that caring for yourself isn't selfish.

It's a relationship you'll be building for your entire life.

Take good care of you.



With love
Aphra + alkeme



ALKEME LIBRARY

CREATED FOR GAME ON, GIRLS!

This special edition of *YOU, WELL* has been shared with Mandurah Swimming Club's *GAME ON, GIRLS! Beyond the Blocks*, supporting girls to stay connected to sport, confidence, community and themselves.

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CONTINUE EXPLORING

Discover more rituals, resources and Australian botanical care in the Alkeme Library.



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