

# HOW TO FIND YOUR PERFECT SKINCARE ROUTINE

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## FIND YOUR SKIN TYPE

Wash your face with a cleanser and wait for 45 minutes. After 45 minutes, determine what your skin feels like, then examine it in the mirror. Circle which skin type you have.

	You felt	You see
Normal	No excessive oil production, no tight feeling.	A smooth skin with little or no uneven tones
Oily	Significant oil producing on your skin.	Enlarged pores and a shiny (oily) skin
Dry	A tight feeling all around the face	You may see flaky patches and no large pores
Combination	Some parts feel oily, others feel tight	You see all the above in different areas

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## WHAT IS YOUR LIFESTYLE?

The lifestyle you live plays a critical role in the way your skin behaves. Circle any of the following if they apply to you.

- Do you smoke? ...
- Do you go to the gym regularly? ...
- Do you drink alcohol? How often? ...
- Do you travel often? ...
- How often do you eat nutritious food? ...
- Do you take any medication? ...
- How much water do you drink daily? ...
- What is the climate you live in and how often are you exposed to the sun? ...
- How much sleep do you get daily? What time do you get to bed? ...
- Are there any other lifestyle factors that impact your life? ...
- Are you pregnant? ...

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## WHAT ARE YOUR CONCERNS?

Circle your top 3 skin concerns.

Acne	Anti Aging	Breakouts
Dehydration / Dry Skin	Oil Production	Prevention and Protection
Sensitive Skin	Sun Damage	Dark Under Eye Circles
Uneven skin tone	Wrinkles	Others _____

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## WHAT ARE YOUR VALUES?

Write down what you value in your life that can impact the choice of your skincare products or answer the questions below based on how important you find them, 5 being very important and 1 being not important at all.

How important is it to you that

- your skincare products are made with all natural ingredients?
- the packaging is recyclable?
- no animals were tested in the process? (cruelty free)
- the brand you purchase your products from are contributing to society?
- are there any other concerns that you have regarding the production of your skincare products?

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WHAT IS YOUR MONTHLY BUDGET?

Whether you purchase your current skincare monthly or not, you need to set a monthly budget to know at what price point you need to look for your products, how many products you can afford and where to shop for your products.

MY MONTHLY BUDGET IS \_\_\_\_\_

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FIND YOUR PRODUCTS

Analyse your results and determine first how many products you really need. From there, see how much you want to spend monthly and then pick those products that are catered to your skin type, skin concerns, lifestyle and values.

You don't need a full regime to get good skin, although it does help. If you're on a tight budget, I suggest two must haves - a cleanser and moisturiser. You can of course mix drugstore and high end products to balance out your budget. For example, if you have oily skin you may opt for a drugstore cleanser that controls oil and get a high end moisturiser to save money. I listed below a quick guide to see what you can get your budget. The budget is a rough guide and prices may be higher in different countries or for products that are for example all natural.

	Products	Monthly Budget [drugstore]	Monthly Budget [high end]
Must Have	Cleanser, moisturiser	US\$10 / HK\$100	US\$35 and up / HK\$350
Tackle your concerns	Eye cream, sunscreen (serum, toner or "others" are optional)	US\$10 - 35 / HK\$100 - HK\$350	US\$60 and up / HK\$600
Full regime	Cleanser, toner, serum, eye cream, moisturizer, sun screen and others.	US\$35 and up / HK\$350	US\$ 100 and up / HK\$1000

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PRODUCT APPLICATION

Now that you have your set of skincare products, always read the labels and know how to and how often to apply your products.

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STICK TO IT AND CHECK SEASONALLY

Stick to your dedicated skincare routine for at least a month or preferably until the bottle is finished, unless irritation occurs. Do not switch out products too often as this may damage your skin. Follow these 8 steps each season or whenever you change your lifestyle or environment as your skin changes as well.