

✨ Skin Concern Solution Guide

Identify. Track. Build. Glow.

A simple, no-guesswork worksheet to help you:

- Pinpoint your main skin concerns
- Identify triggers
- Choose the right ingredients
- Build a routine in the correct order
- Stop wasting money on products that don't work

STEP 1: Identify Your Primary Skin Concern

Check your top 1–2 main concerns:

- Acne / Breakouts
- Dark spots / Hyperpigmentation
- Fine lines / Aging
- Dry / Dehydrated skin
- Oily skin / Large pores
- Redness / Sensitivity
- Uneven texture
- Dull skin

Describe your skin in 1 sentence:

Secondary concerns (if any):

STEP 2: Identify Your Skin Type

- Oily
- Dry
- Combination
- Sensitive
- Normal

How does your skin feel 1 hour after cleansing (no products)?

- Tight
- Shiny
- Comfortable
- Itchy
- Oily in T-zone only

STEP 3: Track Your Triggers

What makes your skin worse?

- Stress
- Dairy
- Sugar
- Lack of sleep
- New products
- Hormones

- Weather changes
- Over-exfoliating
- Fragrance
- Alcohol-based products

List specific products that irritated you:

How often do you exfoliate?

STEP 4: Ingredient Match Guide

Match your concern to the right ingredients:

Acne

- Salicylic Acid
- Benzoyl Peroxide
- Niacinamide
- Adapalene

Dark Spots

- Vitamin C
- Alpha Arbutin
- Kojic Acid
- Tranexamic Acid
- Retinol

Fine Lines / Aging

- Retinol
- Peptides
- Vitamin C
- Sunscreen (non-negotiable)

Dry Skin

- Hyaluronic Acid
- Glycerin
- Ceramides
- Squalane

Oily Skin

- Niacinamide
- Salicylic Acid
- Clay (1–2x weekly)

Sensitive / Redness

- Centella Asiatica
- Panthenol
- Ceramides
- Azelaic Acid

STEP 5: Build Your Routine (Correct Order)



Morning Routine

1. Cleanser
2. Treatment serum
3. Moisturizer
4. Sunscreen (SPF 30+)

Your Morning Products:

- Cleanser: _____
- Serum: _____
- Moisturizer: _____
- SPF: _____



Night Routine

1. Cleanser
2. Treatment (retinol/exfoliant — not both same night)
3. Hydrating serum
4. Moisturizer

Your Night Products:

- Cleanser: _____
- Treatment: _____
- Hydrating serum: _____
- Moisturizer: _____

STEP 6: Routine Rules (No Sabotaging Your Results)

- ✓ Introduce one new product at a time (wait 7–14 days)
- ✓ Don't mix retinol + strong exfoliants same night
- ✓ Wear sunscreen daily
- ✓ Results take 4–12 weeks
- ✓ More products ≠ better results

STEP 7: 30-Day Progress Tracker

Week 1 Notes:

Week 2 Notes:

Week 3 Notes:

Week 4 Notes:

Changes noticed:

- Fewer breakouts
- Brighter skin
- Less redness
- Smoother texture
- More hydrated
- No change yet (be patient!)

Bonus: The “Stop Wasting Money” Rule

Before buying a product, ask:

1. Does it solve my PRIMARY concern?
2. Does it contain a proven ingredient?
3. Do I already have something that does this?

If not — don't buy it