



Sesen Skincare School Series – Part I Homework

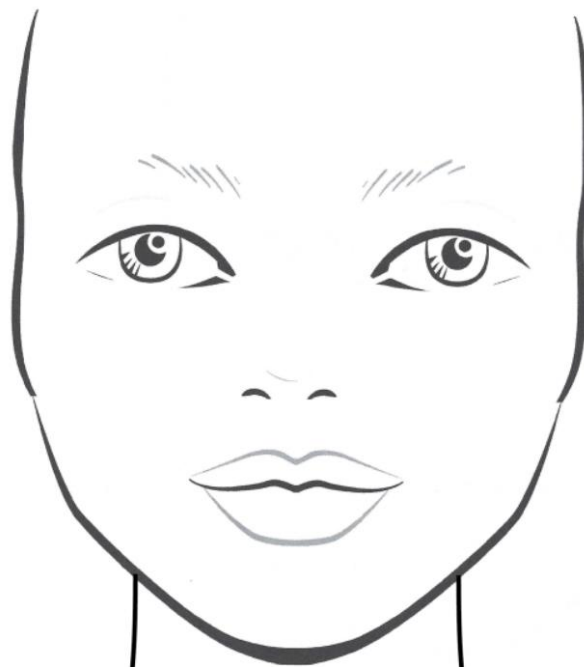
1) What do you love about your skin?



2) When you observe your skin, what concerns do you see? Here's a chart to help – check any/all that apply. Notate any concerns that may not be listed.

Aging	Dryness	Sensitivity	Pigmentation	Breakouts
<input type="checkbox"/> Sun damage/age spots	<input type="checkbox"/> Dry, flaky skin	<input type="checkbox"/> Redness	<input type="checkbox"/> Dark pigmented spots	<input type="checkbox"/> Oily T-zone
<input type="checkbox"/> Wrinkles	<input type="checkbox"/> Tightness	<input type="checkbox"/> Reactive skin	<input type="checkbox"/> Light depigmented spots	<input type="checkbox"/> Oily (throughout)
<input type="checkbox"/> Fine lines	<input type="checkbox"/> Rough/uneven texture	<input type="checkbox"/> Dilated capillaries	<input type="checkbox"/> Dark circles (eye area)	<input type="checkbox"/> Enlarged pores
<input type="checkbox"/> Thin/fragile skin		<input type="checkbox"/> Rashes		<input type="checkbox"/> Occasional breakouts
<input type="checkbox"/>		<input type="checkbox"/> Itchiness		<input type="checkbox"/> Severe breakouts
				<input type="checkbox"/> Uneven texture
				<input type="checkbox"/> Acne scarring

3) Where exactly on your face do you observe these concerns?



4) How would you prioritize these concerns? Better yet, list your top 3 concerns.

#1 _____

#2 _____

#3 _____

5) Let's take an inventory of your current skincare routine. Here's a table to help you organize:

AM		PM	
Cleanser(s)		Cleanser(s)	
Exfoliator		Exfoliator	
Toner		Toner	
Serum(s)		Serum(s)	
Eye Care		Eye Care	
Moisturizer		Moisturizer	
Mask		Mask	
Sun Protection		Sun Protection	
Other		Other	

Which products do you LOVE and why? Be specific. Do you like the smell, the texture of the product, how it feels on your skin, etc?

Which products will you gladly part with and why? Again, be as specific as possible. If you're ready to part with a product and it's been opened for at least 6 months, please toss it out today!

What products, if any, do you believe are missing from your routine?

When selecting skincare products, what's important to you? (ex. efficacy, green/clean formulations, social impact, etc)

6) Now let's audit your active ingredients. Which products (that you currently use & plan to keep) have these active ingredients?

<i>Active Ingredient</i>	<i>What product?</i>
Vitamin C	
Vitamin A (retinol)	
Niacinamide	
Squalene	
AHAs (glycolic, lactic acid)	
BHAs (salicylic acid)	
Hyaluronic Acid	
Others?	

Congratulations! You've identified your primary skin concerns, you've located where those concerns reside on your skin, you've completed an accounting of your current skincare product line-up and you've identified which powerhouse active ingredients already exist (and how) in your skincare routine.

In other words, you've established your (sk)intentions. You know what bothers you the most, what you love using and where there may be gaps.

And you're just getting started! We'll see you next week for Part 2 where we'll do a very deep dive into skin (in general) and your skin (in particular).

We encourage you to keep this handout (and all subsequent homework/handouts) in order to create your skincare journal.