

Korean Skincare Product Shopping Checklist

A printable buying guide for choosing one useful K-beauty product without overbuying. Comfort Mind Body | www.comfortmindbody.com

Step 1: What Problem Should This Product Solve?

<input type="checkbox"/> Sunscreen feels heavy or greasy	<input type="checkbox"/> Skin feels tight, dull, or dehydrated-looking
<input type="checkbox"/> Skin feels irritated, flaky, or barrier-stressed	<input type="checkbox"/> Skin is oily or acne-prone
<input type="checkbox"/> Dark spots, uneven tone, or dullness	<input type="checkbox"/> Curious about a trend, but basics are already stable

Step 2: Choose One Product Category

<input type="checkbox"/> Lightweight Korean sunscreen	<input type="checkbox"/> Oil cleanser or balm cleanser	<input type="checkbox"/> Gentle water cleanser
<input type="checkbox"/> Hydrating toner or essence	<input type="checkbox"/> Snail mucin or rice toner	<input type="checkbox"/> Centella/cica ampoule
<input type="checkbox"/> Gel moisturizer	<input type="checkbox"/> Barrier cream	<input type="checkbox"/> One targeted serum
<input type="checkbox"/> Toner pads	<input type="checkbox"/> PDRN or collagen mask	<input type="checkbox"/> Spicule/needle product or device

Step 3: Product Notes Before Buying

Product name _____	Brand _____
Price now _____	Where to buy _____
AM / PM / weekly _____	Skin type fit _____
Main reason to buy _____	What it replaces _____

Step 4: Ingredient And Routine Check

<input type="checkbox"/> Does not duplicate a product already in the routine	<input type="checkbox"/> Does not add too many actives at once
<input type="checkbox"/> Compatible with retinoids, acids, benzoyl peroxide, or prescriptions	<input type="checkbox"/> Fragrance or essential oils checked
<input type="checkbox"/> Texture fits skin type and climate	<input type="checkbox"/> Patch test is realistic
<input type="checkbox"/> Directions and warnings were read	<input type="checkbox"/> Current product label was checked

Quick Decision

Buy Now, Wait, Or Skip

<input type="checkbox"/> Buy now: solves one clear problem and fits routine	<input type="checkbox"/> Wait: interesting, but basics are not stable
<input type="checkbox"/> Skip: duplicates something or increases irritation risk	<input type="checkbox"/> Ask first: pregnancy, prescriptions, severe acne, or reactive skin

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Product Comparison Tracker			
Product	Category	Why I want it	Buy / wait

Trend Product Safety Check	
■ Toner pads: not used with aggressive rubbing	■ PDRN/collagen: treated as optional, not essential
■ Spicules/needle: avoided on irritated or peeling skin	■ Exosomes: claims and formulas checked carefully
■ Beauty device: directions and contraindications read	■ No trend added before sunscreen/moisturizer are stable

Skin Reaction Log		
Date	Product tested	Reaction or result

Simple Rule

Choose one Korean skincare product that solves one clear routine problem. If skin feels irritated, simplify before adding trends.

Educational only. Not medical advice. Ask a qualified professional for persistent acne, painful irritation, spreading rash, sudden skin changes, severe dryness, or skin that reacts badly to most products.