

Skincare Ingredient Match Checklist

Choose one skin goal, compare dermatologist-recommended ingredients, check for overlap, and spot when your routine needs a pause.

1. My main skin goal right now

- Acne or clogged pores
- Dryness or tightness
- Texture or fine lines
- Shaving irritation
- Dark spots or post-acne marks
- Sensitive or barrier-stressed skin
- Oily but dehydrated-looking skin
- Mature, perimenopause, or menopause dryness

2. Ingredients to compare

Skin Goal	Ingredients to Compare	First Move
Acne or clogged pores	Salicylic acid, benzoyl peroxide, azelaic acid, adapalene.	Choose one acne active first; moisturize and use sunscreen.
Dark spots or post-acne marks	Sunscreen, vitamin C, niacinamide, azelaic acid, tranexamic acid.	Sunscreen first; avoid stacking several brighteners.
Dryness or tightness	Glycerin, hyaluronic acid, ceramides, panthenol, squalane.	Use a moisturizer texture that fits current dryness.
Sensitivity or barrier stress	Ceramides, cica, colloidal oatmeal, panthenol, ectoin.	Pause strong actives and simplify.
Texture or fine lines	Sunscreen, retinoids, peptides, AHAs or PHAs.	Start slowly; use recovery nights.

3. What I already use

- Cleanser
- Sunscreen
- Vitamin C
- Acne treatment
- Niacinamide product
- Moisturizer
- Retinoid
- Acid exfoliant
- Brightening serum
- Pimple patches or spot treatment

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Page 2: overlap check, safety pause signs, and one-product plan.

4. Ingredient overlap check

- My cleanser contains an active ingredient
- My serum contains an active ingredient
- My toner, essence, or pad contains an active ingredient
- I am using more than one exfoliating product
- My moisturizer contains an active ingredient
- My acne product contains an active ingredient
- I am using more than one brightening product
- I started more than one new product this week

5. Safety pause signs

- Burning
- Tight shiny skin
- Rash
- Severe itching
- Peeling
- Sudden redness
- Swelling
- Facial swelling
- Stinging
- Moisturizer hurts
- Blistering
- Trouble breathing or urgent reaction

If severe burning, swelling, blistering, hives, facial swelling, trouble breathing, severe pain, crusting, or a spreading rash appears, stop the suspected product and seek medical guidance promptly.

6. My one-product plan

Ingredient I will try:	
Product name:	
How often:	
What I will pause:	
Date started:	
Notes after 7 days:	
Notes after 14 days:	

7. Simple routine reminder

Routine	Keep It Simple
Morning	Cleanse or rinse if needed, moisturize if needed, apply broad-spectrum sunscreen as directed.
Night	Cleanse, use one planned treatment only if skin is calm, then moisturize.
Recovery night	Cleanse gently and moisturize. Skip retinoids, acids, peels, scrubs, and drying spot treatments.

Comfort Mind Body note: The goal is not to buy every ingredient. Choose one skin goal, one product, and enough time to see whether the routine feels calmer or more irritated.