Choosing Korean Skincare Checklist

This checklist helps the reader choose Korean skincare products that suit their skin type and concerns.

- [ ] Identify your skin type as dry, oily, combination or sensitive before choosing products.
- [ ] Choose hydrating products such as cream cleansers and moisturizers if your skin is dry.
- [ ] Pick gel moisturizers and foaming cleansers if your skin is oily.
- [ ] Look for soothing ingredients such as chamomile, centella asiatica and green tea if your skin is sensitive.
- [ ] Avoid fragrances, alcohol and harsh chemicals if your skin is sensitive.
- [ ] Match ingredients to your concern, such as niacinamide, vitamin C or licorice root for hyperpigmentation.
- [ ] Read product ratings and reviews to see whether a product suits your skin type.
- [ ] Patch test a new product on a small area of skin to check for irritation or allergic reactions.
- [ ] Buy directly from the brand's page to avoid fake products.
- [ ] Wear sunscreen daily as part of a basic routine.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/skincare/are-korean-skincare-products-better-for-asians/