

Name _____

Skin Glow Secrets: Proper Skincare Routines for All Skin Types

Multiple Choice Questions

1. What is the first step in a skincare routine?
 - a) Toning
 - b) Serum
 - c) Cleansing
 - d) Sunscreen

2. Which skin type is characterized by excessive sebum production?
 - a) Oily skin
 - b) Dry skin
 - c) Combination skin
 - d) Sensitive skin

3. What should you apply in the morning to protect your skin from UV rays?
 - a) Serum
 - b) Toner
 - c) Sunscreen
 - d) Moisturizer

4. What ingredient should you look for in products to hydrate dry skin?
 - a) Salicylic acid
 - b) Glycerin
 - c) Hyaluronic acid
 - d) Aloe vera

5. How should you apply a toner?
 - a) Rub it vigorously
 - b) Use a cotton pad or fingers
 - c) Apply only to dry areas
 - d) Skip this step

