


STEP-BY-STEP PLAN TO TRY AI SAFELY



1  **Anchor with Basics**
Cleanser, moisturizer, sunscreen first

2  **Choose One Focus**
Oil, tone, or sensitivity — not all at once

3  **Input, Not Orders**
AI suggests, but you decide

4  **Patch Test 7-10 Days**
Same spot, watch carefully

5  **Change One Thing**
Wait 2-3 weeks before adding another product



6 **Keep a Skin Log**
Notes or photos track progress



7 **Protect Barrier First**
Reset if irritation shows



8 **See a Derm**
Professional advice for concerns



9 **Re-Evaluate at 6-8 Weeks**
Keep what works



10 **Adopt Later, Not First**
Wait for refined versions