STEP-BY-STEP PLAN TO TRY AI SAFELY



1



Anchor with Basics

Cleanser, moistrurizer, sunscreen first

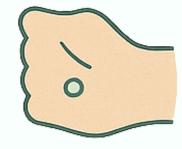
2



Choose One Focus

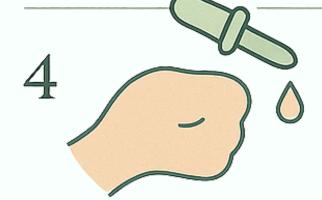
Oil, tone, or sensitivity — not all at once

3



Input, Not Orders

Al suggests, but you decide



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