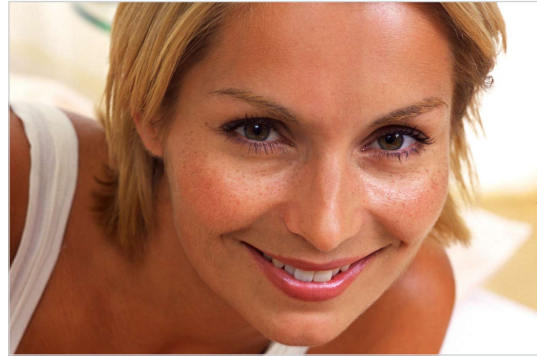


Your personal skin test

What is your current skin type?

Please answer the questions 1-6. Each answer A gives 0 points, each answer B gives 1 point, each C 2 points and each D 3 points. For each skin problem listed in question 7 you get 1 point. After answering the test add all points of your replies and take a look at the answer representing the sum. Find out what skin type you are, how your skin is best treated and how you manage to keep healthy skin also through cold winter seasons.



Current state of your skin

1. How does your skin feel at the moment?

- | | | |
|---|---|------------|
| A | Smooth, sleek | (0 points) |
| B | Some areas feel tight and lack elasticity, feel rough | (1 point) |
| C | Some areas feel very tight, are rough and flaky | (2 points) |
| D | Many areas feel very tight, rough and flaky | (3 points) |

2. How does your skin cope with physiological stress?

- | | | |
|---|---|------------|
| A | It is unproblematic and not very sensitive | (0 points) |
| B | Seldom and only in certain areas it is red, itchy and burning | (1 point) |
| C | Many times and especially in certain areas it is red, itchy and burning | (2 points) |
| D | Nearly always and in many areas it is red, itchy and burning | (3 points) |

Current stresses

3. What climatic stresses is your skin exposed to?

- | | | |
|---|---|------------|
| A | Little: Mainly exposed to temperatures between 18 °C and 23 °C with more than 50% humidity (air humidifier, regularly letting some air in) | (0 points) |
| B | Moderate: Often 3-5 hours exposed to temperatures either below 8 °C or above 30 °C and dry air (air conditioning, heating without air humidifier) | (1 point) |
| C | Heavily: Regularly more than 2 hours exposed to cold temperatures below 8 °C or more than 5 hours exposed to high temperatures and dry air | (2 points) |
| D | Very heavily: Daily, over a long period exposed to temperatures below 8 °C or above 30 °C or regularly exposed to dry air, or to constantly changing conditions | (3 points) |

4. What environmental stresses is your skin exposed to?

- A Little: You live in an area with little pollution, good room ventilation, without constant stress due to cigarette smoke, are hardly exposed to sun and never visit sun beds (0 points)
- B Moderate: Occasionally moderate pollution, some stress due to cigarette smoke, sun or sun bed, little ventilation (1 points)
- C Heavy: Many times longer exposed to at least two of the in B listed stresses (2 points)
- D Very heavily: Many times and for long periods exposed to more than two of the in B listed stresses. (3 points)

Spare time activities concerning your skin _____

5. How many times daily are you showering, bathing, working out?

- A Maximal 1x daily showering, 1x per week bathing and 2x per week working out (swimming excluded) (0 points)
- B Occasionally several times showering per day and bathing per week - swimming 1-2 times per week (1 point)
- C On regular basis several times showering per day or bathing per week, more than 2 x per week working out incl. swimming (2 points)
- D Daily several times showering or every or every second day bathing and/or every 1-2 days working out incl. swimming (3 points)

6. How are your holidays planned?

- A You spend your holidays in temperate climate zones or enjoy a wellness vacation with skin care program (0 points)
- B A maximum of 2 weeks winter vacation or summer vacation (1 point)
- C 1-2 weeks winter and summer vacation each (2 points)
- D More than 2 weeks winter vacation with winter sports or in hot temperatures and more than 2 weeks sun vacation in spring or summer (3 points)

Additional points _____

7. Are you suffering from the following skin problems (if yes, mark 1 point each)?

- Neurodermatitis
- Psoriasis
- Dry skin
- Skin allergies
- Diabetes

Evaluation

0-2 points:

Congratulations: You have a normal, healthy skin and are only marginally exposed to stresses for the skin. With proper skin care you are able to maintain this healthy state also for the future.

The sebamed fitness-program for your skin type:

Washing:	sebamed Liquid Face & Body Wash or soap free Cleansing Bar
Showering:	sebamed Fresh Shower
Bathing:	sebamed VITAL Shower- & Bubble Bath
Hair:	sebamed Every Day Shampoo
Deodorants:	sebamed Fresh deodorants or sebamed 24h Care Deodorant
Body care:	sebamed Moisturizing Body Lotion
Facial care:	sebamed Cream, Night Cream with Q10 or from 30 onwards sebamed Anti-Ageing Skin tightening Lotion with Q10, Anti-Ageing Eye Cream with Q10

With spots or blackheads: sebamed Clear Face

3-8 points:

Your skin is in majority healthy, respectively you skin is sensitive but suffers only from little stresses. In your case you should mainly take precaution against future skin problems and cure existing disorders.

The sebamed protection and care program for your skin:

Washing:	sebamed Liquid Face & Body Wash or soap free Cleansing Bar
for dry skin*:	sebamed Moisturizing Body Wash
Showering:	sebamed Fresh Shower
for dry skin*:	sebamed Shower Oil or Shower Cream
Bathing:	sebamed VITAL Shower- & Bubble Bath
Hair:	sebamed Every Day Shampoo; in case of dandruff Anti Dandruff Shampoo
for dry skin and dry, sensitive scalp:	sebamed Moisturizing Skin & Hair Shampoo
Deodorant:	sebamed 24h Care Deodorant, Deodorant Balsam Sensitive or for men Deodorant Sensitive
Body Care:	sebamed Body Milk / for very dry skin sebamed Moisturizing Lotion
Facial care:	sebamed Cream, Night Cream with Q10 or from 30 onwards sebamed Anti-Ageing Skin tightening Lotion with Q10, Anti-Ageing Eye Cream with Q10 / with dry skin sebamed Moisturizing Day Cream and Night Cream
Spots and blackheads:	sebamed Clear Face

*: also with neurodermatitis, psoriasis, diabetes or the taking of medication which causes dry skin

9-15 points:

Your skin is sensitive or has problems. Moderate or heavy stresses add to this condition. Your skin needs intensive care and a strengthening of its protection mechanism which can be achieved by medical skin care.

The sebamed protection and care program for your skin:

- Washing: sebamed Liquid Face & Body Wash or soap free Cleansing Bar
- for dry skin*: sebamed Moisturizing Body Wash
- Showering: sebamed Fresh Shower
- for dry skin*: sebamed Shower Oil or Shower Cream
- Bathing: sebamed VITAL Shower- & Bubble Bath
- Hair: sebamed Every Day Shampoo; in case of dandruff Anti Dandruff Shampoo
- for dry skin and dry, sensitive scalp: sebamed Moisturizing Skin & Hair Shampoo
- Deodorant: sebamed 24h Care Deodorant, Deodorant Balsam Sensitive or for men Deodorant Sensitive
- Body Care: sebamed Body Milk / for very dry skin sebamed Moisturizing Lotion
- Facial care: sebamed Cream, Night Cream with Q10 or from 30 onwards
sebamed Anti-Ageing Skin tightening Lotion with Q10, Anti-Ageing Eye Cream with Q10 / with dry skin sebamed Moisturizing Day Cream and Night Cream

16-23 points:

Your skin is highly sensitive and/or has severe problems. In addition it is exposed to severe stresses which can affect your health and your looks. Your skin needs regular care attuned to its natural functions and acute problems.

The sebamed protection and care program for your skin:

- Washing: sebamed Moisturizing Body Wash
- Showering: sebamed Shower Oil or Shower Cream
- Bathing: sebamed VITAL Shower- & Bubble Bath
- Hair: sebamed Moisturizing Skin & Hair Shampoo
- Deodorant: sebamed 24h Care Deodorant, Deodorant Balsam Sensitive or for men Deodorant Sensitive
- Body Care: sebamed Moisturizing Lotion
- Facial care: sebamed Cream, Night Cream with Q10 or from 30 onwards
sebamed Anti-Ageing Skin tightening Lotion with Q10, Anti-Ageing Eye Cream with Q10 / with dry skin sebamed Moisturizing Day Cream and Night Cream