## „HAU(T)rein“ – Your skin diary

You have blackheads, pimples, acne, skin blemishes or want to improve your skin texture? Then your new skin diary can help you.

It will help you to identify the causes of your skin problems and should be kept by you regularly or better daily. Each entry page is structured in such a way that you can enter your current situation by simply checking or circling it. It also offers the possibility to note down the care products you use and to write down further notes.

How you then evaluate your diary is up to you. It would be possible, for example, that you use individual care products for 2 - 3 weeks and then try another one. This way you can see the effects of the individual products and decide which one is right for you.
Alternatively, you can observe the relationship between your daytime feeling, diet, sleeping time, skin care products and your skin texture over a longer period of time. In this way, you can identify specific factors that affect your skin.
For certain skin problems, it can also be helpful to take your diary to the dermatologist.

*This is what a filled-out diary page could look like*





Date: *Wed, 22.09.*

### What do you think of your skin?

Perfect! | Very good | Good | Not so Good | Bad

### How do you feel?

Perfect! | Very good | Good | Not so Good | Bad

### How long did you sleep?

8h + | 6h + | 4h + | 2h + | 0 +

### Which care products did you use?

*Favorite shampoo, Tea tree oil*

### Did you shave today?

None | Wet | Dry | Trimmer | Razor-burn

**Notes:**

*used new soap!*

Date:_____

## What do you think of your skin?

Perfect! | Very good | Good | Not so good | Bad

## How do you feel?

Perfect! | Very good | Good | Not so Good | Bad

## How long did you sleep?

8h + | 6h + | 4h + | 2h + | 0 +

## Which care products did you use?

## Did you shave today?

None | Wet | Dry | Trimmer | Razor-burn

**Notes:**





Date:_____

## What do you think of your skin?

Perfect! | Very good | Good | Not so Good | Bad

## How do you feel?

Perfect! | Very good | Good | Not so Good | Bad

## How long did you sleep?

8h + | 6h + | 4h + | 2h + | 0 +

## Which care products did you use?

## Did you shave today?

None | Wet | Dry | Trimmer | Razor-burn

**Notes:**

Date:_____

## What do you think of your skin?

Perfect! | Very good | Good | Not so good | Bad

## How do you feel?

Perfect! | Very good | Good | Not so Good | Bad

## How long did you sleep?

8h + | 6h + | 4h + | 2h + | 0 +

## Which care products did you use?

## Did you shave today?

None | Wet | Dry | Trimmer | Razor-burn

**Notes:**





Date:_____

## What do you think of your skin?

Perfect! | Very good | Good | Not so Good | Bad

## How do you feel?

Perfect! | Very good | Good | Not so Good | Bad

## How long did you sleep?

8h + | 6h + | 4h + | 2h + | 0 +

## Which care products did you use?

## Did you shave today?

None | Wet | Dry | Trimmer | Razor-burn

**Notes:**

Date:_____

## What do you think of your skin?

Perfect! | Very good | Good | Not so good | Bad

## How do you feel?

Perfect! | Very good | Good | Not so Good | Bad

## How long did you sleep?

8h + | 6h + | 4h + | 2h + | 0 +

## Which care products did you use?

## Did you shave today?

None | Wet | Dry | Trimmer | Razor-burn

**Notes:**





Date:_____

## What do you think of your skin?

Perfect! | Very good | Good | Not so Good | Bad

## How do you feel?

Perfect! | Very good | Good | Not so Good | Bad

## How long did you sleep?

8h + | 6h + | 4h + | 2h + | 0 +

## Which care products did you use?

## Did you shave today?

None | Wet | Dry | Trimmer | Razor-burn

**Notes:**

Date:_____

## What do you think of your skin?

Perfect! | Very good | Good | Not so good | Bad

## How do you feel?

Perfect! | Very good | Good | Not so Good | Bad

## How long did you sleep?

8h + | 6h + | 4h + | 2h + | 0 +

## Which care products did you use?

## Did you shave today?

None | Wet | Dry | Trimmer | Razor-burn

**Notes:**



# Your 7-Day Test Phase is Complete!

How did your skin behave over the past week?
Were you already able to identify initial connections between diet, sleep, skincare ingredients, or daily stress levels?

To uncover lasting patterns, hormonal cycles, and delayed reactions (24–48h) beyond doubt, dermatologists recommend consistent documentation over at least 8 to 12 weeks.

**The complete physical paperback journal offers:**

- Over 90 structured fill-in pages with rapid checkboxes (under 2 minutes daily)
- High-quality 90gsm paper – honest and completely blue-light free in the evening
- Structured evidence base & diagnostic aid for your next dermatologist appointment

**Get your complete Skin Diary:**

**Now Available on Amazon**

**https://my-skin-diary.com**

**Wishing you every success on your journey to healthy skin!**

© my-skin-diary.com · All rights reserved