
The One-Active Worksheet

Fill this in before buying another serum or a new active ingredient (Chapter 7).

Question

Answer

What specific problem do I want to solve?

Which active has evidence for that problem? (see Chapter 7 and the Ingredient Dictionary)

Does the concentration on the label match the one tested in trials?

Does the active come before or after the “1 percent line” on the ingredient list? (Chapter 3)

Does it clash with anything I already use?

Do I already own something that does the same job?

Cost per month

Start date, and judging date (week 12)
