Dr. Lurié Skincare

The Skincare Buying Checklist

Five practical questions before your next skincare purchase, with a simple comparison example and space to record your decision.

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A clearer decision before the next bottle

A five-question buying checklist. Use it on screen or copy the prompts into a notebook. No account, email or purchase required.

1. What job would it do?

I am considering: _____ The one thing I want it for: _____ A product I already own with that job: _____

2. What supports the claim?

The exact claim: _____ Where I found it: _____ Evidence about this finished product, an ingredient, or unclear: _____ What is still unknown:

_____

3. What will it actually cost?

Price and currency: _____ Pack size: _____ Delivery and other fees: _____ One purchase or repeat order: _____ Cancellation or return terms checked: _____

Compare the same units

For a price-per-ml comparison, divide the pack price by its volume in ml. Compare products in the same currency. Delivery, frequency of use and formula differences can change the practical value.

Example A

$24 ÷ 60 ml = $0.40 per ml, before delivery.

Example B

$36 ÷ 30 ml = $1.20 per ml, before delivery.

These are fictional arithmetic examples. Lower unit cost does not establish better quality, suitability or effectiveness.

4. What do I need to ask first?

Question for the seller or a qualified professional: _____ Information missing from the label or listing: _____ What would change my decision: _____

5. What is my decision?

Replace / consider later / ask a question / pass My reason, in one sentence: _____ Date and any question to revisit: _____

Keep the record useful

A blank means unknown, not “probably fine.” This worksheet organizes a purchase decision. It does not test a product, diagnose a skin problem or decide what is medically suitable for you.