

Skincare Quiz: Trivia Questions and Answers

1. What does it mean if skincare products are colored white?

- Botanicals (trees, tree parts, etc.) are used
- Chemicals are used
- The product has a high Ph level

2. What can over-exfoliating do to your skin?

- Make your skin very beautiful and radiant
- Cause bacterial eczema
- Exacerbate acne

3. Why is exercise important for skin health?

- It flushes out pores
- It promotes toxin removal
- Both are true

4. How does vitamin A help skin?

- It repairs damaged tissue
- It works as antioxidant
- It replenishes hair and nails

5. What is the best time to apply moisturizer?

- Right before sleep
- After bathing
- Before cleansing

6. What can stress do to your skin?

- Cause acne
- Reduce its ability to regenerate
- Discolor skin

7. How many dead skin cells are shed every minute?

- 50 000
- 10 000
- 30 000

8. Why do people put cucumber on their facial skin?

- To get rid of acne
- To cool sunburns
- To quickly remove dead cells

9. What can help to reduce wrinkles?

- Rough exfoliator
- Anti-aging cream
- Facial toner with alcohol

10. What speeds up the skin aging process?

- Drinking enough water
- Direct sunlight
- Facial massage

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Right answers

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