

WHAT IS YOUR SKIN AGE?

A SIMPLE SKIN AGE SELF-ASSESSMENT



A SIMPLE GUIDE TO UNDERSTAND HOW YOUR SKIN IS FUNCTIONING TODAY.

As you read the questions below, do not overanalyse. Choose the answer that feels most accurate right now, not how your skin used to look, and not how you hope it will look in the future. Just today.

1. In natural light, your skin looks...

- A — bright and even
- B — slightly dull at times
- C — often tired or uneven

2. Makeup sits on your skin...

- A — effortlessly
- B — differently than before
- C — not as smoothly as it used to

3. Your skin feels...

- A — comfortable throughout the day
- B — occasionally dry or tight
- C — dehydrated despite moisturiser

4. Firmness feels...

- A — elastic and resilient
- B — softer than before
- C — less firm or beginning to change

5. After stress or poor sleep...

- A — your skin recovers quickly
- B — recovery takes time
- C — tiredness remains visible

6. Do people ask if you are tired when you feel fine?

- A — rarely
- B — sometimes
- C — often

7. Your skincare routine feels...

- A — supportive and effective
- B — needs adjusting
- C — no longer giving noticeable results

What Is Your Skin Age? — Scorecard & Results Guide

This self assessment helps you understand how your skin is functioning today. For each question, give yourself:

A = 1 point

B = 2 points

C = 3 points

Add your total score at the end.

Minimum score: 7 | Maximum score: 21

7–9 Points — Skin in Balance

Your skin age is aligned with your biological age. Hydration, elasticity, and renewal processes are functioning well. Focus on protection and maintenance with SPF, medical grade skincare, and gentle collagen support. Goal: Preserve and prevent.

10–14 Points — Early Skin Ageing

Your skin is beginning to show functional changes such as reduced hydration and slower collagen activity.

This stage responds very well to personalised skincare and collagen stimulating treatments. Goal: Restore skin vitality early.

15–18 Points — Skin Quality Decline

Skin changes become more noticeable, including uneven texture and reduced elasticity. Structured skin programmes and regenerative treatments help rebuild function before correction. Goal: Rebuild skin function first.

19–21 Points — Advanced Functional Ageing

Skin processes have slowed more significantly. A comprehensive and personalised rejuvenation plan focused on regeneration and long term collagen support is recommended. Goal: Restore foundation, then refine.

Doctor Interpretation Guide

This score is not a diagnosis but a starting point. During consultation at Beauttitude Medical Clinic, results are interpreted alongside lifestyle, skin history, and individual goals to create a personalised plan. Skin age can improve significantly when supported with the right treatments and skincare.