

SCORED SKIN QUIZ

The Skin Type Quiz and Custom Routine

Twelve questions that place your skin on the dry to oily scale, plus the morning and evening routine that suits where you land.

Skin type is not a personality. It is a description of how much oil your skin produces and how well it holds onto water, and it shifts with season, climate, age, and what you have been putting on your face. Most people get it wrong in one specific direction: they diagnose themselves as oily because their skin is shiny by 3pm, when in fact they have been stripping it every morning and it is compensating. This quiz sorts that out, and then gives you a routine sized to the answer rather than to the marketing.

DO THIS FIRST, OR YOUR ANSWERS WILL BE WRONG

Wash your face with a gentle cleanser, apply nothing at all, and wait two hours in a normal indoor environment. No moisturizer, no serum, no makeup. What your skin does in those two hours is the honest answer to most of the questions below. Then answer the quiz.

HOW TO SCORE

Choose the option that matches what your skin actually does, most of the time, in the season you are in right now. Each option carries points: **A = 1, B = 2, C = 3, D = 4**. Write the number next to each question and add all twelve. Your total will fall between 12 and 48. Find your band in the results section, then use the routine attached to it.

1 1. Two hours after cleansing with nothing applied, your skin feels:

- ☐ **A** Tight, and possibly flaky in places
- ☐ **B** Comfortable, neither tight nor greasy
- ☐ **C** Comfortable on the cheeks, slightly slick on the forehead and nose
- ☐ **D** Noticeably oily across most of the face

2 2. By late afternoon on an ordinary day, your forehead and nose look:

- ☐ **A** Matte, sometimes dull or powdery
- ☐ **B** Much the same as the morning
- ☐ **C** Shiny in the center of the face only
- ☐ **D** Shiny nearly everywhere, cheeks included

3 3. If you press a clean tissue to your cheek at the end of the day, it comes away:

- ☐ **A** Completely clean
- ☐ **B** Clean, maybe a faint mark
- ☐ **C** Faintly marked on the cheek, clearly marked from the nose
- ☐ **D** Visibly oiled, cheeks included

4 4. Your pores are:

- ☐ A Hard to see anywhere
- ☐ B Visible if you look closely, mostly around the nose
- ☐ C Clearly visible across the nose, forehead, and chin
- ☐ D Visible across most of the face

5 5. Makeup or sunscreen on your skin tends to:

- ☐ A Cling to dry patches and look uneven within an hour
- ☐ B Sit well for most of the day
- ☐ C Hold on the cheeks and slide in the center of the face
- ☐ D Break down and slide off fairly quickly all over

6 6. In winter, or in dry indoor heating, your skin:

- ☐ A Gets noticeably rough, tight, or flaky and needs much more moisturizer
- ☐ B Needs a slightly richer moisturizer and is otherwise fine
- ☐ C Gets dry on the cheeks while the center of the face carries on as usual
- ☐ D Barely changes; it is a relief from summer

7 7. In summer, or in humidity, your skin:

- ☐ A Finally feels comfortable
- ☐ B Needs a lighter moisturizer and nothing more
- ☐ C Gets much shinier in the center while the cheeks stay balanced
- ☐ D Becomes very oily and difficult to keep matte

8 8. How does your skin respond to a rich cream or facial oil?

- ☐ A Gratefully; the richer the better
- ☐ B Fine at night, a bit heavy for daytime
- ☐ C Good on the cheeks, too much on the forehead and nose
- ☐ D Heavy, greasy, and it sits on top of the skin

9 9. When you skip moisturizer entirely for a day, your skin:

- ☐ A Feels tight and uncomfortable within an hour or two
- ☐ B Is fine, just less comfortable than usual
- ☐ C Is fine in the center and tight on the cheeks
- ☐ D Honestly does not seem to notice

10 10. Congestion, blackheads, and bumps under the surface are:

- ☐ A Rare for me
- ☐ B Occasional, usually around the nose
- ☐ C Regular in the center of the face, rare on the cheeks
- ☐ D A steady feature across most of the face

11 11. The texture of your cheeks compared to your forehead is:

- ☐ A Similar, and both on the dry side
- ☐ B Similar, and both comfortable
- ☐ C Noticeably different; the difference is the whole issue
- ☐ D Similar, and both on the oily side

12 12. If you had to describe the problem you most want to address cosmetically:

- ☐ A Dryness, dullness, and rough texture
- ☐ B Nothing dramatic; I want to maintain what I have
- ☐ C Two different faces that need two different products
- ☐ D Shine, visible pores, and congestion

Points for questions 1 to 4

Points for questions 5 to 8

Points for questions 9 to 12

Total score

between 12 and 48

Date and season taken

retake at the change of season

12 to 20

Dry

Your skin produces relatively little oil and loses water easily, which is why it feels tight, looks dull, and shows texture. The goal is a routine that adds water and then keeps it there. **Morning:** rinse with lukewarm water or use a cream or milk cleanser, apply a hydrating layer while skin is damp, then a richer moisturizer, then sunscreen. **Evening:** a gentle cream or oil cleanser, a hydrating layer, a moisturizer with more substance, and a balm on any persistently dry patches. **Look for:** humectants such as glycerin and hyaluronic acid, emollients such as squalane and plant butters, ceramides, and occlusives such as petrolatum for the last step on very dry nights. **Go slowly with:** exfoliating acids, high-strength retinoids, foaming cleansers, and anything described as clarifying or mattifying. **One habit worth adding:** apply moisturizer to damp skin within a minute of cleansing, and consider a humidifier in a dry bedroom.

21 to 29

Normal to slightly dry

Your skin is reasonably balanced and mostly behaves. It is more resilient than dry skin but will drift dry in winter and can be pushed out of balance by an over-enthusiastic routine. The goal is maintenance and not much interference. **Morning:** gentle cleanser or water, an optional lightweight serum, a moisturizer sized to the season, and sunscreen. **Evening:** gentle cleanse, one active on the evenings you use it, moisturizer. **Look for:** a straightforward moisturizer you can adjust seasonally, a lightweight hydrating serum, and a sunscreen texture you genuinely enjoy wearing. **Go slowly with:** stacking multiple actives, which is the fastest way to turn balanced skin into unsettled skin. **One habit worth adding:** keep two moisturizers, one lighter and one richer, and switch between them as the weather changes rather than buying a whole new routine twice a year.

30 to 38

Combination

You have two zones with different needs: an oilier center panel across the forehead, nose, and chin, and cheeks that run normal to dry. The mistake is treating the whole face as the oiliest part, which dries out the cheeks and often makes the center oilier still. The answer is zoning. **Morning:** gentle gel or light cream cleanser, a lightweight hydrating layer everywhere, a light moisturizer on the center panel and a slightly richer one on the cheeks, then sunscreen over everything. **Evening:** cleanse, one active applied where it is needed rather than everywhere, then moisturize by zone. **Look for:** lightweight gel creams for the center panel, a more emollient cream for the cheeks, and a lightweight fluid sunscreen. **Go slowly with:** heavy occlusives on the center panel and strong mattifying products on the cheeks. **One habit worth adding:** apply your products in two passes, center first with the lighter formula, cheeks second with the richer one.

39 to 48

Oily

Your skin produces oil generously across most of the face. That comes with real advantages, including a surface that tends to stay comfortable and shows texture change more slowly, and one persistent nuisance, which is shine and congestion. The critical thing to understand is that stripping oil away encourages more of it, so the routine is gentle, not aggressive. **Morning:** a gentle gel cleanser, a lightweight hydrating layer (oily skin still needs water), a light gel moisturizer, and a fluid or gel sunscreen. **Evening:** oil or balm cleanse if you wore sunscreen or makeup, then a gentle water-based cleanser, one active on scheduled evenings, and a light moisturizer. **Look for:** gel and fluid textures, non-comedogenic labeling, niacinamide, and lightweight hydrating serums. **Go slowly with:** daily scrubs, strong astringents, high-alcohol toners, and doubling up on exfoliants, all of which tend to make things worse over a few weeks. **One habit worth adding:** blotting papers during the day instead of another wash, since a midday cleanse restarts the whole cycle.

Your routine template, filled in

Write your actual products on these lines. A routine that exists on paper gets followed on the mornings you are running late, and a routine you can see is much easier to troubleshoot when something stops agreeing with you.

My band and total score

Morning step 1: cleanse

Morning step 2: hydrate

Morning step 3: moisturize

Morning step 4: sunscreen

Evening step 1: first cleanse

Evening step 2: second cleanse

Evening step 3: active, and which evenings

Evening step 4: moisturize

Anything I apply only to specific zones

Skin type is not fixed

WHAT MOVES YOUR SCORE, AND IN WHICH DIRECTION

Factor	Typical effect
Winter and indoor heating	Pushes the score lower, toward dry
Summer heat and humidity	Pushes the score higher, toward oily
Moving to a different climate	Can move the score several points either way within weeks
Over-cleansing and harsh products	Can make skin read as oilier while actually being dehydrated
Aging	Oil production generally decreases over time
Hormonal changes	Can move oil production noticeably, sometimes temporarily
Air travel and air conditioning	Temporarily dehydrating, which is different from being dry

DRY IS NOT THE SAME AS DEHYDRATED

Dry skin lacks oil. Dehydrated skin lacks water, and any skin type can be dehydrated, including very oily skin. If your skin feels tight and looks dull but also gets shiny, you may be oily and dehydrated at the same time. The fix is hydrating layers and a gentler cleanser, not a richer cream and not a stronger wash.

Before you change anything, check these

- ☐ I patch tested any new product on a small discreet area for several days first
 - ☐ I am introducing one new thing at a time, not three
 - ☐ My cleanser leaves my skin comfortable rather than squeaky
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- ☐ I wear a broad spectrum sunscreen every day, in a texture I do not resent
- ☐ I have stopped anything that stings, burns, or leaves lasting redness
- ☐ I am judging results over weeks, in consistent light, not over days in a bathroom mirror
- ☐ I have a note to retake this quiz at the next change of season

YOU KNOW YOUR BAND AND YOUR STEPS

Fill in the four slots your routine actually needs

A cleanser that suits your band, a hydrating layer, the right weight of moisturizer, and a daily sunscreen. Browse Viva Beauty & Skincare by category and texture so you can build the short routine your score points to instead of another shelf of maybes.

Shop the collection at vivabeautyandskincare.com

Important. This quiz is a general cosmetic self-assessment, not a diagnostic tool. The information here is not medical advice and is not intended to diagnose, treat, cure, or prevent any skin condition or disease. Always patch test new products and follow the directions on the packaging. If you have persistent, painful, spreading, or worsening skin concerns, or any spot that is changing, consult a board-certified dermatologist or another qualified healthcare professional. Individual results vary.