Interviewer: Does your skin make you insecure?

Interviewee: Umm, it changes from day to day. Usually, if I haven't showered for more than two days, even if I've applied skincare to my face, my skin tends to get oily, and on those days, breakouts usually happen, especially around the jawline. That's why I apply toner. *(Laughs)* And I feel like I'm reborn. But sometimes, yes, especially during my period, there are times I feel a bit insecure, yes.

Interviewer: Do you think appearance is important?

Interviewee: Umm, I value it. Because actually... I mean, I don't want to say "unfortunately," but when you first meet someone, before saying a word, meaning before entering a dialogue, the first thing you see is, of course, the physical, you know, appearance. And with a well-groomed person... how should I say this... especially from a professional perspective. It makes a professional relationship easier or more... well, this implies more... how should I put it...

Interviewer: External...

Interviewee: Wait, I'm looking for the word... I'd call them responsible. You get it? If this person takes care of themselves, they are responsible and care about their external appearance, I would say.

Interviewer: So, someone having neat hair, clean skin, white teeth, or for a guy, a well-groomed beard... are these things people pay attention to? Are they eye-catching, for example?

Interviewee: Personally, I don't usually look at that much detail. I mostly, you know... pay attention to them being clean. Their dress... it can be very simple, but being clean. I don't think, "Oh, their beard must be perfectly trimmed," or "they must have done skincare," or "they must be wearing makeup." If a person smells nice and is dressed nicely, that's enough for me; I don't look at too much detail. I'm not trying to catch if they haven't brushed their teeth.

Interviewer: But no, no, I mean... For example... if it weren't like that, would it catch your attention? Like if someone's hair is messy... or their skin is bad... would you have a prejudice... what happened? Would it just stick out to you? Generally speaking.

Interviewee: I wouldn't approach with prejudice, or I wouldn't want to say "this person is definitely like this, dirty or unkempt." Because, frankly, a person might have another pathology [underlying condition]. But yes, I would probably tend to gravitate towards well-groomed people. It is something I value, yes.

Interviewer: When was the last time you went to a dermatologist?

Interviewee: It's probably been about 8-10 years. It's been a while. Regarding allergies... I had pimples on my back... or rather my neck area due to sweating, so I went for that. Otherwise, I don't go to a dermatologist regularly.

Interviewer: So, did you use the recommended products?

Interviewee: For that period, yes, I used them and they worked. In my daily routine, I also try many products based on recommendations to find my own routine. Probably if I went to a dermatologist, it might be more beneficial.

Interviewer: So, do you think using makeup affects your skin? Or, how often do you wear makeup ?

Interviewee: Well, I usually only do eye makeup, which doesn't cover my skin. Eyeliner or mascara. I try not to apply concealer to my skin. I'm not someone who uses foundation. So my skin isn't affected much, but for example, when I use a lot of mascara, I can see eyelash loss. But my skin isn't affected much, frankly. Things related to hormones, meaning stress, affect me more. Since I apply so many products, I don't think my skin is affected negatively by that.

Interviewer: So you're saying the issue isn't solvable from the outside, but from the inside.

Interviewee: Usually, yes. With complements, supplements, things like that. Sleep, regular sleep, drinking water, sports... I think it improves with those kinds of things.

Interviewer: I understand. So how much do you care about your appearance?

Interviewee: Well, frankly, a lot... I'm not a person who goes out without combing my hair or putting on a little blush or makeup. Even if I go to the market, I comb my hair before leaving, honestly. I do care about my external appearance, yes.

Interviewer: For example, it being clean, not looking oily, or not being frizzy... do you pay attention to these things regarding your hair? Or your skin looking clean?

Interviewee: Yes, of course, I pay attention. I mean, if I haven't showered for two days and my hair gets oily, for example, I definitely shower or do things to prevent it from looking oily. I apply powder or use those dry shampoos. It's something that bothers me; it's not something that makes me feel good. It's not just a problem for others; I don't feel good myself when it's like that.

Interviewer: I understand.

Interviewer: Do you usually finish the products you buy?

Interviewee: Yes, yes. I finish them.

Interviewer: Always? Okay. So, do you go immediately to buy a new one, or do you switch to another brand?

Interviewee: It depends on the product. For instance, I use a specific toner, and I even go and buy a new one when the bottle is close to finishing, before it's completely gone, just to be sure. But for like moisturizer... cream-type things, I might try different things. It varies from product to product, honestly. For cream, I use Bepanthol, then I use Vaseline or Nivea or La Roche Posay stuff. It changes, but I don't change the toner and specific products. For example, I don't change my face foam either.

Interviewer: So does this desire to change brands usually come from something you see outside, like a new trend, or a brand you saw on a billboard, is it influenced by TikTok or Instagram... or a recommendation? Or is it a choice like "I just don't want to use this brand anymore" regardless of what happens?

Interviewee: Honestly, it's not social media; I usually proceed based on recommendations. Like, someone used something, they say "this was good for me." If we have the same skin type, I say "Oh, let me try that too." I usually go with word-of-mouth information. But it changes based on testing it and being satisfied or not. But I don't pay much attention to advertising stuff, frankly. But it changes from product to product. For example, for basic products like face foam or creams, I don't change my mind, but when specific popular products come out, like pimple dryers or salicylic acid, whatever, Vitamin C, those kinds of serums... they catch my interest. I say, "Oh, I wonder if this will brighten my skin?" When it's a specific product I've never used, it catches my interest and I say "Oh, let me go try it." For example, that Caudalie pimple drying thing, I used it, I was satisfied, and I bought it again.

Interviewer: I understand. How many steps is your skin care routine?

Interviewee: Three.

Interviewer: Do you prefer it simple? Because for some people it's like 7, 10 steps... You know, they do cleanser first, toner, serum, whatever, moisturizer, sunscreen... like 7 steps. Does it being long create an issue for you? Does the length put you off? Or is there a reason it's 3?

Interviewee: I look at it from a practical angle. Because, for example, when I go to work or school I don't like sacrificing my sleep. That's why I do 3 steps. But let's say it's the weekend... maybe I add one extra thing to my skin. During the week, for example, I wash my face, apply my toner, apply my cream, and put on my makeup. On the weekend, for example, I do a mask, I apply under-eye cream, I apply brow oil, and continue like that. It changes, it changes periodically.

Interviewer: So, do you think or feel that when it's too many steps, when you apply too many products, it feels heavy on your skin?

Interviewee: No, on the contrary, I feel like I'm caring for it more. I just don't have that kind of time. But when I do it, I feel more special.

Interviewer: So it's about time. If you had the products on hand, would you do a 7-step routine?

Interviewee: If I had time, I'd do 7 steps too.

Interviewer: Okay, okay.

Interviewer: So, When you stop by a pharmacy or go to a cosmetic shop, how many Euros do you think you spent last time? How many Euros did you pay for how many products last time, for example?

Interviewee: Last time I bought two products and paid a price close to 35 or 40 Euros.

Interviewer: Do you think this money you spend is worth it? Can you see the performance for the money?

Interviewee: It changes from product to product. For example, since I use the toner for a long time, it's worth it.

Interviewer: Is it the brand or the product? I mean, is the preference the brand, do you prefer to pay more for specific brands or do you say "I saw something that works for me based on my experience, so I'll pay whatever the price is"?

Interviewee: Both. Probably pricing based on the brand... I'd pay more. Because there are times I say "It's this brand."

Interviewer: Okay. I understand.

Interviewer: Would you share the skincare products you have with anyone?

Interviewee: It depends on the situation I'm in. I wouldn't share with everyone.

Interviewer: And how long does it take you to get ready every morning?

Interviewee: Between half an hour and 40 minutes. Sometimes it takes 20 minutes too.

Interviewer: Okay. I think it's done, thank you.