

Interview Profile: Female, 23, Chinese

Interviewer: Do you have a skincare routine?

Interviewee: Yes.

Interviewer: What is it?

Interviewee: Sometimes I use a gentle cleanser on my face in the mornings and a moisturizing serum. If my skin's really dry, I'll put on a B5 serum.

Interviewer: How many steps would you say your routine generally is?

Interviewee: One to two steps depending on the season, but if it's winter, maybe two to three steps.

Interviewer: Have you done your skincare today?

Interviewee: Yes.

Interviewer: Do you do it in the morning and at night, or how often?

Interviewee: I typically do it in the morning.

Interviewer: Do you have the same routine for the morning and at night?

Interviewee: No, because I typically do it in the morning and then I won't do anything at night unless I play a sport in the evening; then I'll just wash my face again.

Interviewer: Have you ever had any issues with your skin's health?

Interviewee: Not massive ones.

Interviewer: So do you typically do skincare for beauty purposes?

Interviewee: Usually for dry skin. Weather changes really affect my skin texture; it can get a bit rough when it switches from super humid to super dry.

Interviewer: Over time, do you tend to change the products you use or do you use the same ones over and over?

Interviewee: I don't stay super loyal to a specific brand. I'll typically find one that works in the moment, and if they're out of stock or if I run out, I'll either buy the same one or a different one. It just depends.

Interviewer: Do you wear makeup?

Interviewee: Yes.

Interviewer: What's your daily makeup routine?

Interviewee: I typically curl my eyelashes and put mascara on, maybe a bit of blush. I recently started using lip liner, and then obviously lip gloss or a lip moisturizer.

Interviewer: Where are the products that you use from?

Interviewee: I use a mix. The mascara is called Heroine; it's from Asia because it's specific for Asian eyelashes, and that's the only type that works on mine. The blush is from Merit—maybe France? The lip liner is Huda Beauty, so the US, I think. For lip gloss, I like Summer Fridays.

Interviewer: Have you ever been to the dermatologist?

Interviewee: Not recently, but I have.

Interviewer: When you choose your products, do you find them from social media or recommendations from friends?

Interviewee: The majority are recommended by my mom, who gets all her recommendations from social media. So, primarily social media through a secondary source.

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

Interviewee: 10 to 20 minutes.

Interviewer: What part of your routine do you spend the most time on?

Interviewee: Probably choosing an outfit.

Interviewer: Do you do a lot in terms of haircare?

Interviewee: I've recently started blow drying my hair or doing a blowout, which takes about ten minutes. Sometimes I'll oil my hair as well.

Interviewer: When you're traveling, do you do anything different with your skincare?

Interviewee: I definitely do a lot less because skincare can be difficult to travel with. If it's in large bottles, you can't pack a carry-on, so I'll often minimize it to just face wash.

Interviewer: So, are there any homemade practices or recipes from your region or your family that you've used?

Interviewee: I've used a couple, but one that really comes to mind is my aunt. She has tried so many different remedies to naturally dye her hair because, obviously, chemically dyeing your

hair so frequently isn't great for hair health. One thing she always tries is cloves, instant coffee, and lemon juice. It doesn't work very well, but she's tried a bunch of things like that.

Interviewer: Any others?

Interviewee: I've tried a lot of different hair masks with raw eggs and mayo. One that I've definitely done quite a few times is apple cider vinegar with conditioner because it's supposed to soften your hair. We're very big hair people here.

Interviewer: Do you use specific products for that now?

Interviewee: I definitely gravitate toward more natural products, so I use a lot of shampoo bars or conditioning bars. The one I really like is made from rice water, and I think it's primarily inspired by a region in China. It utilizes the health benefits of rice water and is supposed to be really moisturizing for your hair, which I actually do prefer because it works quite well for its conditioning properties. Also, it's really nice for travel because it's compact and not liquid, so I can put it in my carry-on.

Interviewer: Okay, so you mentioned that your skincare routine is really simple—just lotion and some cleanser. Is there a reason you prefer simplicity?

Interviewee: I have tried in the past using a couple of different products at once, and I just feel like it often clogs my pores a bit or makes my skin a bit worse. I've found that really instilling simplicity into my routine is what works best with my skin.