

## Interview #5 (Male, 22 years old, Lithuanian)

**Interviewer:** Have you done your skin care today?

**Interviewee:** No.

**Interviewer:** Can you describe your current skincare routine?

**Interviewee:** My skin care routine, maybe once a week, I wash my face. I do not do a skincare routine. It happens during the shower, or sometimes if I feel dirty, I do wash my face. Especially during summer, but in winter, not so much.

**Interviewer:** Okay, so you don't really have a skincare routine, right?

**Interviewee:** No, I used to have one. I washed my face with water. Then I wash my face with cleanser. Then I put a cream, moisturizing cream, and sometimes I also put a healing cream for pimples or acnes. If I had, for example, a pimple.

**Interviewer:** Okay, and what made you stop doing this routine?

**Interviewee:** Because I don't get as many pimples as I used to. And the 2nd reason is because I moved out of my parents' house, and my mom is not telling me to do my skincare routine anymore.

**Interviewer:** And isn't your girlfriend telling you to do it too?

**Interviewee:** I don't listen.

**Interviewer:** What issues do you have with your skin? Do you have issues right now or did you have them in the past?

**Interviewee:** In the past, I had acne on my forehead and I had reappearing acne on my upper lip. But besides that, after I entered my 20s, the acne and the pimples stopped showing up, or at least stopped showing up more frequently. Sometimes at the moment, I have dry skin. But I don't really treat it unless it starts peeling. Also, whenever I get a pimple, I put a pimple patch on.

**Interviewer:** Back when you were having a skincare routine, do you feel like it made any changes? Like it helped you with your acne?

**Interviewee:** Uh, no, I don't think this skin care routine really helped me, even though my mom used to say that, oh, my God, you look so beautiful. That wasn't true. Uh, but, uh, there used to be this, um, this spray that is healing, disinfecting the wounds. After I washed my face, and I used to put that on my face, and that really helped. Like, this was very fast acting, and I think, uh, that's the only thing that, for my skin, helped to heal the acnes and the pimples, and also, I used to pop them, and if I pop them fully, and put the disinfect spray, amazing, amazing.

**Interviewer:** Do you have facial hair?

**Interviewee:** Yes.

**Interviewer:** And do you shave or trim it regularly?

**Interviewee:** Yes, I shave every day, or at least, on every second day.

**Interviewer:** Okay, and what product or tools do you use?

**Interviewee:** I use soap. And... and the shaving blades. I used to use foam, but I don't buy it myself, I just got it as a gift, so...

**Interviewer:** Have you ever wished for something that would make shaving or beard care easier or less irritating?

**Interviewee:** Uh, yes, I wish for a blade that would do everything in one go. So, for example, moisturize the skin and be able to shave at the same time. You know, so I don't have to buy foam or use some kind of moisturiser to moisturize my skin and then shave, because if you shave dry, it's nearly impossible, or you just have to go through the pain, I guess.

**Interviewer:** And does shaving or having a beard affect your skin? Do you have irritation, acne, dryness?

**Interviewee:** Having a beard and having to shave it regularly, does make my skin dry if I don't use, um, if I don't use good products. Or at least how I am, not using any products, it does make my skin more dry and irritated, but it's not unbearable, and also, it's only for a 1st one hour, I think, because after that, I think the natural oils take care of the irritation.

**Interviewer:** Okay. Do you share any skincare or grooming product with someone else?

**Interviewee:** Mm, just with my partner.

**Interviewer:** What do you share? What exactly do you get from her?

**Interviewee:** Cleansing, or moisturizing creams. Sometimes vaseline, sometimes pimple patches.

**Interviewer:** Does she ever make you do some skin care steps that you wouldn't normally do?

**Interviewee:** Mm-hmm. No, uh, everything that she suggested to do, I've already done before, when I was a teenager, when I had skin problems, you know? And I don't do that anymore, I don't feel like I need to.

**Interviewer:** Are there any skincare remedies or habits from where you are from? Like from your family, from your culture.

**Interviewee:** There is one thing that every time you go to the beach, there is this tradition that, if you do have skin problems, you have to put seawater on the skin, it has to be salty seawater, and just let the sun dry off, because, I don't know where that came from, but it's a belief that it could help, especially with acne.

**Interviewer:** When was the last time you told yourself 'I should take better, better care of my skin', but you didn't?

**Interviewee:** Mm, every time I see it on social media. How Koreans are taking care of their skin. And then, I feel like, oh, I should also take care of my skin because in their eyes, I look like a barbaric or something. But, um, I don't take care of it, because I live in Europe, the filthiest continent, probably.

**Interviewer:** Okay, if skincare required 0 thinking, would you do it more?

**Interviewee:** I think not, because it's not that hard if you label everything like one, two, three, and you use one, you use second, you use third, and that's it. Of course. If you're doing the skin care routine with skin masks, and et cetera, taking it to the extremes, then, yes, if that extreme could be minimized and made very easy to understand, then, yeah, maybe I would do it, but in the essence of it, no, I do not care.

**Interviewer:** Okay. What frustrates you most about skincare? The products, the discipline or the uncertainty?

**Interviewee:** Uncertainty, because you're doing it. For example, when I was a teenager, I used to take care of my face, and a new pimple would appear. So why bother?

**Interviewer:** Yeah, well, I think those were all of my questions. Thank you for answering them.