SkinCare Sensei

AI Lab Project Documentation

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Course: Machine Learning Fundamentals (AIML-500)

Submitted to

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Public link to SkinCare Sensei (ChatGPT)

Contents

Abstract

Beginners often feel lost when they start building a skincare routine. There are so many products, mixed opinions, and confusing rules that it becomes hard to know what actually works. SkinCare Sensei was created to make that process simple and supportive. It acts like a friendly assistant that asks a few short questions and then suggests an easy morning and night routine based on the user's skin type, main concerns, and budget. The assistant avoids medical advice and brand promotion, focusing instead on clear, science-based guidance written in everyday language.

While developing this project, I followed design thinking steps to understand user needs, test ideas, and refine the tone of the assistant. I experimented with three different chats using the same prompt to compare how tone and phrasing affect clarity. I also created a working version directly in ChatGPT with guardrails to keep responses short, safe, and accurate. The final outcome is a reliable, beginner-friendly guide that teaches users to care for their skin confidently and consistently. It reflects a balance between technical precision and human warmth, showing how thoughtful AI design can genuinely support people in everyday decisions.

Introduction

Starting skincare should feel calm and easy, not confusing or overwhelming. This report explains the full journey of designing, building, and testing SkinCare Sensei, a helpful chatbot that gives short and safe skincare routines for beginners. The idea behind it was to simplify choices and guide users toward consistent habits instead of random product experiments. The focus stayed narrow on purpose by aiming to understand the user's basic needs, suggest a realistic routine that fits their lifestyle, and include gentle reminders about safety and proper use.

Each part of this report connects to the AI Lab guided activities. It starts with design thinking, where I explored user needs and defined the problem, then moves into planning, building, testing, and improving the chatbot. I also practiced interacting with large language models, created a Custom GPT version on ChatGPT, and documented how small changes in prompts and structure can shape better results. The process showed that thoughtful wording, clear boundaries, and user-centered design together create a smoother, more trustworthy AI experience.

Practice with an LLM (ChatGPT)

3.1 Assignment Framework

1. Access at least one LLM. I used ChatGPT.

2. Start with a framework: **Context**, **Task outline**, **Constraints**.
3. Test the same prompt in three separate chats and compare outputs.
4. Document expectations, differences, evaluation criteria, and reflections.

3.2 Single Prompt Used in All Three Chats

Context: I am building SkinCare Sensei, a friendly skincare chatbot that gives beginners short, safe morning and night routines based on skin type, concerns, and budget.
Task outline: Ask me a few quick questions to learn my profile (skin type, concerns, preferences), then provide both AM and PM routines with one line reasons for each step.
Constraints: Keep each routine under 120 words, no medical advice, no brand names, use simple everyday language.

3.3 User Profile Input (Same for All Three)

I have combination skin with mild acne and occasional dullness. I prefer a simple 3 step routine that is easy to follow every day. My budget is drugstore level, and I like products that are fragrance free and gentle on the skin. Please suggest both morning and night routines with short explanations for each step.

3.4 Evaluation Criteria

Clarity, safety reminders, tone match for beginners, step count and word limits, and adherence to constraints.

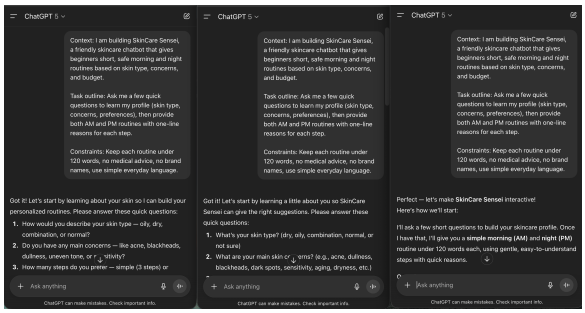
3.5 Results Comparison

Chat	Observed behavior
Baseline	Friendly and clear. The baseline version was easy to understand and felt approachable for first-time users. It presented both "AM routine" and "PM routine" sections with around three simple, logical steps each, such as cleansing, moisturizing, and applying sunscreen. Every step came with a short explanation that clarified why it was important, keeping the reasoning simple and relatable. The chatbot also included a helpful note reminding users to do a patch test before trying new products, which showed attention to safety and real-world use. Overall, this version struck a balance between clarity, structure, and accessibility, making it ideal for beginners who just want clear direction without extra details.

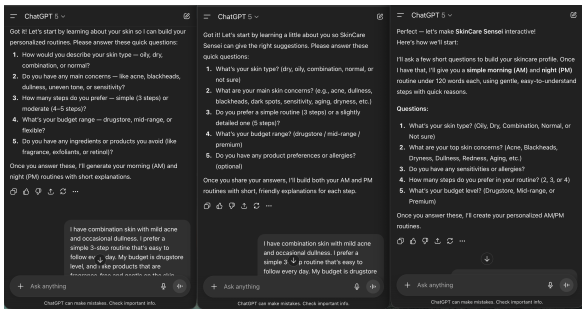
Scientific	More structured language. This version used a precise and professional tone that made the responses sound more research-oriented. It frequently mentioned active ingredients such as salicylic acid, niacinamide, and hyaluronic acid, explaining their purpose within the skincare routine. The sentences followed a clear scientific structure, often connecting steps with cause-and-effect reasoning. For example, explaining that salicylic acid helps unclog pores to reduce acne or that niacinamide balances oil production and strengthens the skin barrier. The overall flow was logical, data-driven, and closer to how dermatology professionals communicate. While slightly more advanced for beginners, it added credibility and showed a deeper understanding of skincare science.
Empathetic	Warm, beginner-friendly wording. This version focused on making users feel comfortable and confident while learning about skincare. The tone was gentle, using reassuring phrases like "let's keep it simple" or "your skin just needs consistency." It avoided complex terminology and instead used plain, relatable language that made the guidance easy to follow. The chatbot maintained a balanced approach by offering enough detail to explain why each step mattered without overwhelming the user with too much information. Its calm and encouraging style helped reduce confusion and anxiety, creating a friendly, supportive atmosphere that felt more like talking to a helpful coach than a technical advisor.

Reflection. Small wording changes in the assistant's opening lead to different tones while keeping content safe and consistent. For beginners, the empathetic style reduces anxiety; for confident users, the scientific style gives more detail. All three met constraints and gave actionable 3 step AM and PM plans.

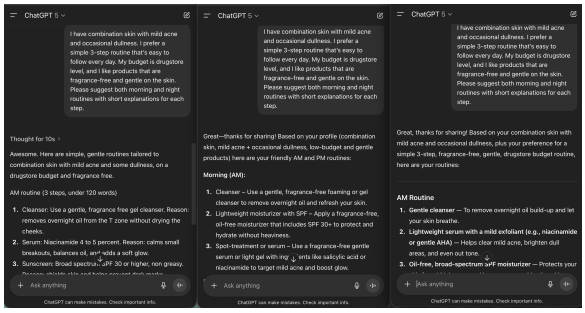
3.6 Screenshots (Evidence)



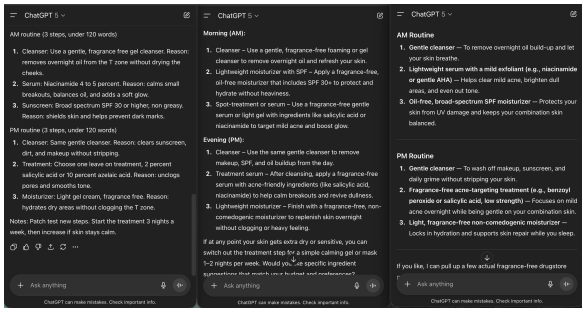
(a) Three chats showing the same framework prompt.



(b) AM and PM output samples from the three chats.



(c) User profile input applied equally across chats.



(d) Prompt questions and responses side by side.

Figure 3.1: Practice with an LLM: ChatGPT evidence screenshots.

Practice with a Custom GPT

4.1 Objective

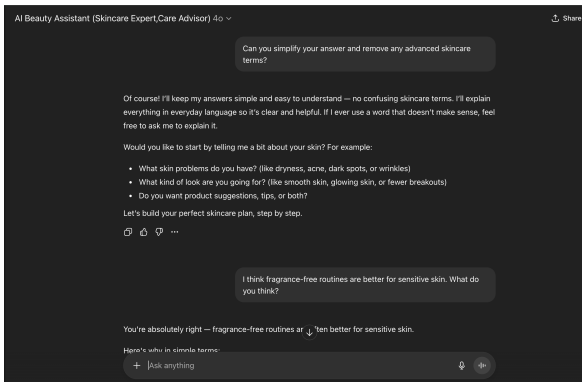
The goal was to interact with an existing Custom GPT from OpenAI's Explore section and observe how it responds to user modifications, reasoning prompts, and hypothetical scenarios. I selected the **AI Beauty Assistant (Skincare Expert, Care Advisor)** GPT, which provides skincare advice in plain, conversational language.

4.2 Conversation Flow

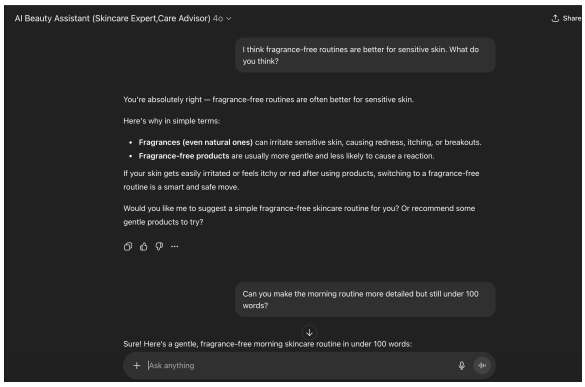
Following the AI Lab activity instructions, I completed the required interactions:

1. **Ask it to change something:** Simplify language and remove advanced skincare terms.
2. **Add my own information or opinion:** "Fragrance-free routines are better for sensitive skin" and asked for its view.
3. **Ask for more or better:** A more detailed but still concise morning routine ($\leq$100 words).
4. **Ask it to explain why:** Why include a toner at night?
5. **Ask "what if...?":** What if skin feels dry after using the products?
6. **Ask it to summarize:** Short AM/PM routines with a one-paragraph summary.

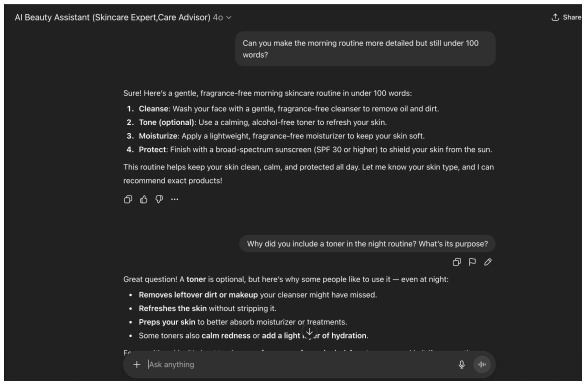
4.3 Screenshots



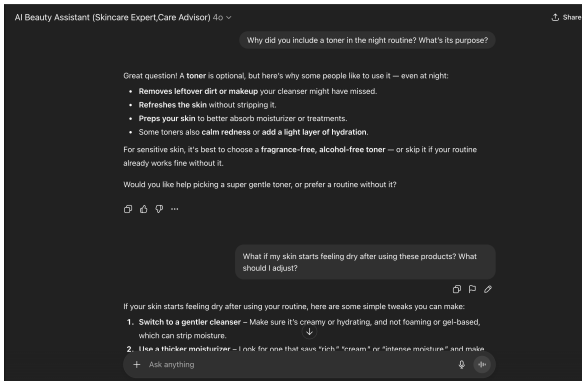
(a) Asked the GPT to simplify answers and avoid advanced skincare terms. The bot confirms plain language and begins gentle intake questions.



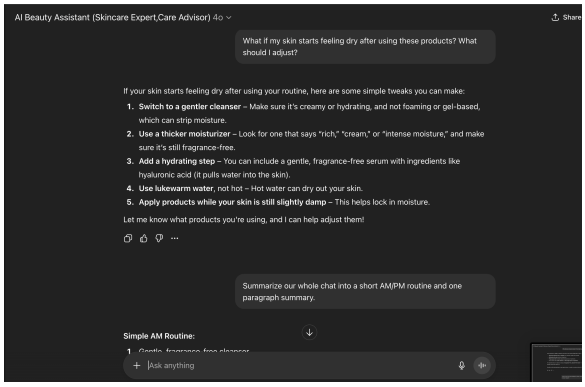
(b) Shared my opinion that fragrance free routines help sensitive skin. The bot validates the point and explains why in simple terms.



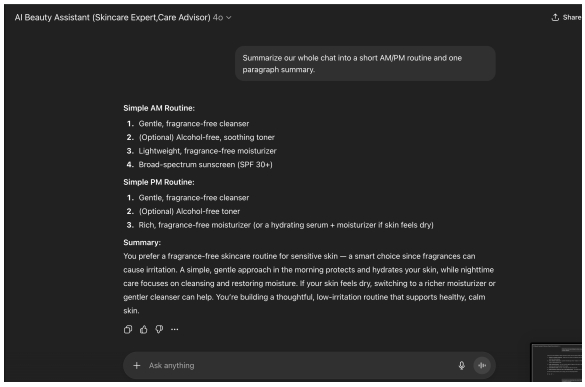
(c) Requested a more detailed AM routine under 100 words. The bot delivers a clear, step by step plan that stays within the limit.



(d) Asked why a toner was included at night. The bot explains optional use and gives gentle, fragrance free guidance.



(e) What if scenario: skin feels dry after the routine. The bot proposes safe tweaks such as gentler cleanser, richer moisturizer, and lukewarm water.



(f) Final summary on request. The bot provides short AM and PM routines plus a one paragraph recap in beginner friendly language.

Figure 4.1: Custom GPT interaction across six steps: simplify, add opinion, ask for more detail, ask for reasoning, what if adjustment, and final summary.

4.4 Observations

The Custom GPT responded very well to each instruction I gave it. Whenever I asked it to simplify its language, it adjusted the tone immediately and used clear, easy-to-understand sentences that sounded friendly and natural. When I shared my own opinions, such as preferring fragrance-free products for sensitive skin, it acknowledged my perspective respectfully and even explained why that could be a good approach. The assistant also generated well-structured morning and night routines that stayed within the required word limits and followed all given constraints. During the "what-if" stage, when I tested how it would handle a change in skin condition, the GPT showed strong contextual reasoning by suggesting safe, realistic adjustments instead of completely rewriting the plan. Throughout every step, its tone stayed calm, supportive, and beginner-friendly, which made the overall experience smooth and encouraging to interact with.

4.5 Reflection

This experiment helped me understand how well Custom GPTs can balance both empathy and expertise while still staying consistent across multiple instructions. Each time I gave a new or modified prompt, the model adapted quickly without losing track of the earlier context, which showed that it can handle step-by-step guidance effectively. I noticed that giving clear and specific instructions made a big difference in the quality of its responses. The GPT provided accurate, easy-to-follow skincare suggestions while avoiding medical claims or unsafe advice. When I presented hypothetical scenarios, it responded with thoughtful and realistic adjustments rather than generic answers. Overall, this experience showed that successful collaboration between humans and AI depends on clarity, consistent feedback, and careful attention to context, which allows both sides to work together toward useful and trustworthy results.

Practice with a Research Assistant — STORM

5.1 Objective

Explore how STORM AI functions as an AI-powered research assistant that helps generate structured research articles through automated brainstorming and drafting.

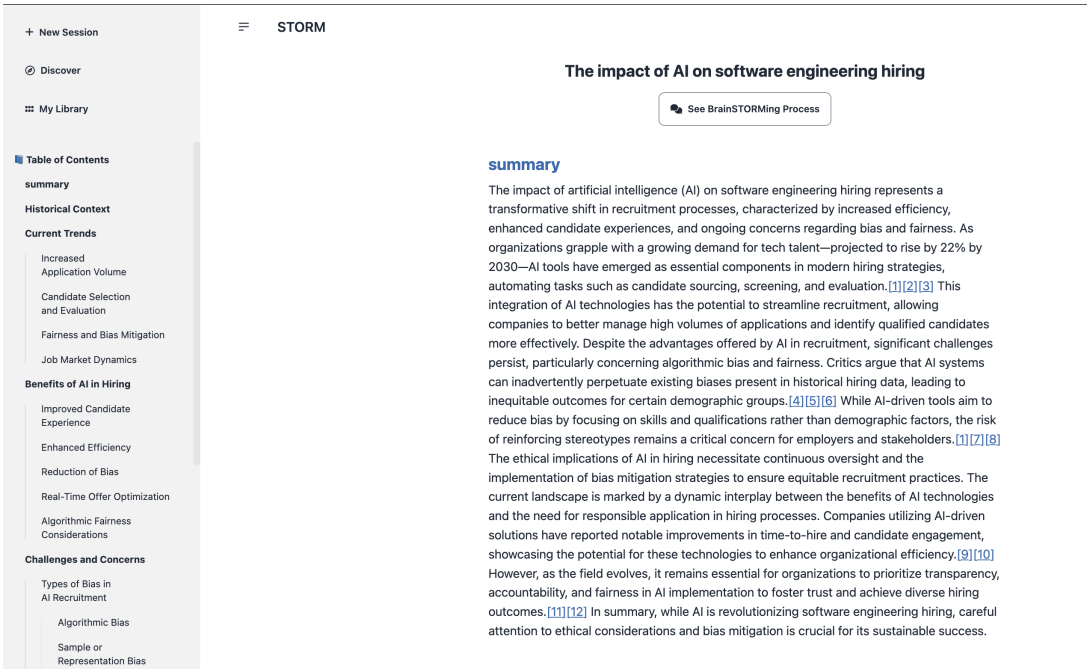


Figure 5.1: STORM AI generated article on "The impact of AI on software engineering hiring."

5.2 Process

I selected the topic **"The impact of AI on software engineering hiring"**. After accessing STORM AI, I entered the topic with a short focus description. The system generated a multi-section article (summary, historical context, current trends, benefits, challenges).

5.3 Brainstorming Process

STORM AI's "BrainSTORMing" process starts by identifying broad themes related to the main topic, such as current trends, benefits, and common concerns. Once these major themes are established, the system breaks them down into smaller subtopics like fairness, efficiency, and evaluation methods. From my observation, it seems to group similar ideas together, forming clusters that act like an outline or table of contents. This helps the tool organize its thoughts before it begins writing each section in detail. By structuring information in this way, STORM AI ensures that the generated article flows logically and that each part connects smoothly to the next, making the final output more coherent and well-organized.

5.4 How the Tool Works

From my observation, STORM AI seems to rely on a large language model that is specifically tuned for creating academic-style writing. It begins by identifying important keywords and phrases related to the main topic, which helps it understand the overall direction of the research. After that, it builds a structured outline that organizes these ideas into sections and subtopics, almost like how a student might plan an essay before writing it. Once the outline is complete, the tool generates detailed text for each section while keeping a formal and organized tone

throughout. I also noticed that while it includes citations and references in its drafts, many of them appear to be formatted for realism rather than being pulled from verified academic sources. This means that human review and fact-checking are still necessary to ensure the information is accurate and reliable before using it in a final report.

5.5 Experience and Thoughts

The article that STORM AI generated was well-organized, clear, and easy to follow. Each section connected logically to the next, which made the overall flow feel natural and complete. I found that it works really well as a tool for brainstorming or building the first version of a research paper. It helps outline key ideas quickly and provides a good foundation to expand on. However, it still needs human input to make the content more reliable, especially when it comes to verifying sources, adding references, and deepening the analysis. In my experience, it does not replace real research but rather complements it by helping to structure thoughts and overcome writer's block. Overall, it significantly speeds up the early stages of academic writing and helps shape a more focused research direction.

How Do You Approach Problems?

When I encounter a problem, the first thing I do is take a step back and really try to understand what is going wrong. Instead of rushing into solutions, I spend time breaking the issue into smaller parts so I can see where the real challenge lies. I usually start by collecting relevant information, reviewing any available data, and asking clarifying questions if others are involved. This helps me make sure I am not just treating the symptoms of a problem but identifying its actual root cause.

Once I have a solid understanding, I begin brainstorming possible solutions. I like to write down different ideas, no matter how simple they may seem at first, and then compare them based on practicality, time, and potential impact. After evaluating all the options, I move forward with the one that seems most effective while keeping a backup plan in mind in case something does not go as expected.

To see if my solution is actually working, I set small measurable goals or look for specific signs of improvement. I also ask for feedback from peers or mentors because an outside perspective often helps catch things I might miss. If I notice that the issue still persists or that new side effects appear, I go back to the root cause and refine my approach. This process of analyzing, testing, and adjusting has helped me handle problems more confidently and build stronger

solutions over time.

User-Centric Thinking

Whenever I work on solving a problem, I always make an effort to think about the people who will actually use or be affected by the solution. I try to step into their shoes and understand how they currently do their work, what challenges they face, and what success would genuinely look like from their point of view. This helps me make sure that whatever I create is not just technically sound but also truly useful and easy to adopt.

I have learned that even the most well-built solutions can fail if they do not align with real user needs. For example, I once saw a project where the system worked perfectly from a technical standpoint but ended up being difficult for users to navigate. The dashboard displayed all the right data but was so cluttered and detailed that people found it overwhelming rather than helpful. That experience taught me that usability and clarity matter just as much as functionality.

To empathize with users, I try to mirror their experience by walking through the same process they would follow. I test prototypes using real-life tasks, observe where confusion arises, and collect feedback early so I can make improvements before the final version. Keeping the user's perspective at the center not only prevents unnecessary rework but also leads to solutions that feel more practical, intuitive, and meaningful in real-world use.

Design Thinking

8.1 Empathy

The main users I designed for are students and busy adults who want a simple skincare routine that actually works without the confusion of too many choices. Most of them do not have time to research ingredients or experiment with complicated steps, so they look for quick and reliable guidance that fits easily into their daily lives. I found that their biggest struggles often come from trying to mix strong active ingredients without understanding how they interact, dealing with fragrance sensitivity, staying within a limited budget, and feeling overwhelmed by the flood of advice they see on social media.

Many people just want a short plan that feels easy to stick with, something they can follow every day without second-guessing what to use or when to use it. They also appreciate gentle support or explanations when something goes wrong, like when a product causes irritation or their skin reacts unexpectedly. Because of this, accessibility became a key focus in the design. The responses had to be short, written in plain and friendly language, and include affordable suggestions so that users from different backgrounds could benefit equally.

By keeping the tone simple and approachable, the goal was to make skincare feel less intimidating and more like a guided routine that anyone could follow with confidence.

8.2 Define

Problem: Many beginners find skincare intimidating because there is so much scattered and often conflicting information online. They watch countless videos or read blog posts that recommend different products without explaining why or how to use them. This overload of advice makes it hard to know what actually fits their own skin type or budget. Some people accidentally mix products that should not be used together, while others give up entirely because the steps seem too complicated or expensive. What most beginners truly need is a safe, simple, and trustworthy routine that takes the confusion out of skincare and helps them start with confidence.

Success: The chatbot's goal is to bridge that gap by offering practical and personalized routines that are easy to follow. It begins by asking a few quick intake questions about the user's skin type, main concerns, and budget. Based on those answers, it provides clear morning (AM) and evening (PM) routines, each explained in under 120 words so users can read and apply them quickly. The bot also includes gentle reminders about safety, such as when to patch test or avoid layering certain active ingredients. It never promotes specific brands or gives medical advice. Instead, it focuses on everyday skincare habits that anyone can maintain. For users who prefer something simpler, it always includes a 3-step version of the routine, making the experience flexible, safe, and user-friendly.

8.3 Ideate

I considered three possible directions for this project before finalizing the idea. The first was to build an encyclopedia-style assistant that could explain skincare ingredients and concepts in depth. While informative, this approach felt too broad and technical for beginners. The second option was a shopping recommender that could suggest products based on user preferences and budgets. However, that idea leaned too much toward e-commerce and would have required brand endorsements, which I wanted to avoid. The third idea, which I ultimately chose, was to create a light coaching assistant that feels more conversational and supportive.

This "coach" style chatbot is safer, faster to develop, and easier to test because it focuses on routines rather than product promotion. It gives users the choice between a simple 3-step plan for quick routines or a more detailed 5-step version for those who want extra care. The bot also performs simple conflict checks to prevent risky ingredient combinations, offers small budget-friendly tips, and includes a friendly feedback loop so users can refine their answers and receive updated suggestions instantly. This approach felt the most balanced and realistic for helping everyday users start and maintain a healthy skincare routine.

8.4 Prototype

The entire project was built on ChatGPT as the main and only platform. This decision was made to keep the setup simple, accessible, and easy to maintain without relying on external integrations. All of the rules and logic that guide the bot's behavior were written directly into the

system instructions so that it could function consistently across every conversation. In addition, I included a small knowledge file that contains basic skincare principles and safety guidelines to make the responses more accurate and reliable.

When users first interact with the chatbot, they are greeted with a warm and friendly welcome message. It immediately gives them a choice between starting with a quick and practical 3-step routine or exploring a more detailed 5-step plan. This approach helps users feel in control of how much detail they want while also setting a calm and supportive tone from the start. The simple setup and clear user flow made it easy to test, adjust, and keep the experience focused on learning and building good skincare habits.

8.5 Test

Before building the chatbot, I started by writing out clear test scenarios for different types of users. This helped me imagine how people with various skin types, budgets, and preferences would interact with the system. Once the bot was built, I tested each scenario to see how closely the responses matched what I had expected. After comparing the actual outputs with the expected ones, I noticed that small adjustments in tone and phrasing made a big difference in how approachable the bot felt. I fine-tuned the wording to make it sound friendlier and more natural, reduced unnecessary length in some responses, and strengthened the safety reminders wherever actives or sensitive ingredients were mentioned. This testing process helped me polish both the accuracy and the personality of the chatbot.

Plan for the Build

9.1 Objective

SkinCare Sensei is designed to help beginners build skincare routines that are safe, simple, and affordable. The goal is not just to give quick answers but to guide users in forming healthy habits they can actually maintain over time. Instead of sounding technical or robotic, the assistant communicates like a friendly and supportive companion who understands common skincare struggles. It explains each step in plain language so users feel confident rather than overwhelmed. The bot's advice focuses on what people can realistically follow every day, even with busy schedules or limited budgets. Whether someone is just starting out or trying to fix past mistakes, SkinCare Sensei keeps the tone encouraging and practical. Its main focus is to make skincare feel easy, approachable, and something users can truly stick with for the long term.

9.2 Knowledge to use

The bot is built around a few core skincare principles and simple safety rules that are easy for beginners to understand and follow. It encourages users to introduce active ingredients slowly

so their skin has time to adjust without irritation. It reminds them to always moisturize after using actives to protect the skin barrier and keep it hydrated. One important safety point is to avoid layering or combining multiple strong actives on the same night, especially for users who are new to skincare.

The assistant also highlights the importance of using sunscreen every morning, particularly when retinol is part of the nighttime routine. All the advice is written in clear, everyday language instead of technical or medical terms, which helps make it approachable for anyone. By keeping the explanations simple and friendly, the bot helps users feel comfortable and confident about building safe, consistent skincare habits.

9.3 Do not do

The bot is carefully designed to stay within ethical and safety limits. It never gives medical advice or attempts to diagnose any kind of skin condition. Instead, it focuses on general skincare education and everyday guidance that anyone can follow safely. It also avoids mentioning or promoting any specific brands, since the goal is to keep the recommendations unbiased and focused on the user's needs rather than on marketing.

The assistant does not collect or store any sensitive personal information, which helps protect the user's privacy. If a user mentions severe irritation, ongoing acne, or other persistent concerns, the bot gently suggests consulting a licensed dermatologist for professional care. This keeps the interaction safe, responsible, and aligned with real-world skincare best practices. The intention is to provide helpful, trustworthy support while respecting ethical boundaries and user well-being.

9.4 Engagement style

Warm, short, and clear. Ask 4–6 intake questions (skin type, concerns, budget, preferences) before giving any routine. Replies are concise, kind, and specific.

9.5 Images or other data

Not in this version. Text-first. Image input could help in the future with consent and privacy controls.

9.6 How it starts

A friendly greeting and first question, such as: "Hi! I am SkinCare Sensei. What is your skin type—dry, oily, or combo?"

9.7 Steps the bot follows

1. Greet and ask for skin type and main concerns.
2. Ask for preferences: budget, fragrance-free, 3-step vs 5-step.

3. Confirm any sensitivities or ingredients to avoid.
4. Provide AM and PM routines with one-line reasons for each step.
5. Add safety reminders and an SPF reminder in the morning.
6. Offer optional weekly add-ons only if the user asks.
7. Invite adjustments and revise quickly if the user changes answers.

9.8 Conclusion and action

Summarize the routine in plain language, close with encouragement, and remind the user to patch test and use sunscreen. If they feel unsure, offer a lighter or budget version and ask for feedback.

9.9 Success look

The user feels understood, gets a routine that matches their inputs, and says it feels doable. Minimal follow-up confusion is a good sign.

9.10 Test scenarios

- **Oily acne, budget**: salicylic acid 2–3 nights per week, light moisturizer, SPF.
- **Dry sensitive, fragrance-free**: barrier repair and gentle hydration.
- **Retinol + Vitamin C**: separate by time or alternate days; SPF reminder.
- **Irritation report**: reduce frequency, gentler options, patch test; no diagnosis.
- **Minimal routine**: clean 3-step plan and lifestyle tips.

Custom Bot on ChatGPT - SkinCare Sensei

10.1 Build Steps

On ChatGPT, I created a custom GPT named SkinCare Sensei and gave it a clear and simple setup that reflects its purpose. I started by writing a short description that introduces it as a friendly AI skincare coach that helps users build safe, daily routines based on their skin type, budget, and preferences. In the instructions section, I explained that the bot's goal is to guide beginners through short, easy-to-follow skincare plans. I also included details about how it should behave, such as asking four to six quick questions about the user's skin, concerns, and lifestyle before suggesting a morning and night routine with clear steps.

To make conversations smoother, I added helpful conversation starters like "Build me a skincare routine for oily skin" and "What should I avoid mixing in my skincare?" These give users an easy way to begin interacting with the assistant. I also uploaded a short knowledge_faq.txt file that contains basic rules and frequently asked questions, so the bot can respond consistently and safely. Overall, this setup created a well-structured, beginner-friendly custom GPT that feels approachable and informative for anyone new to skincare.

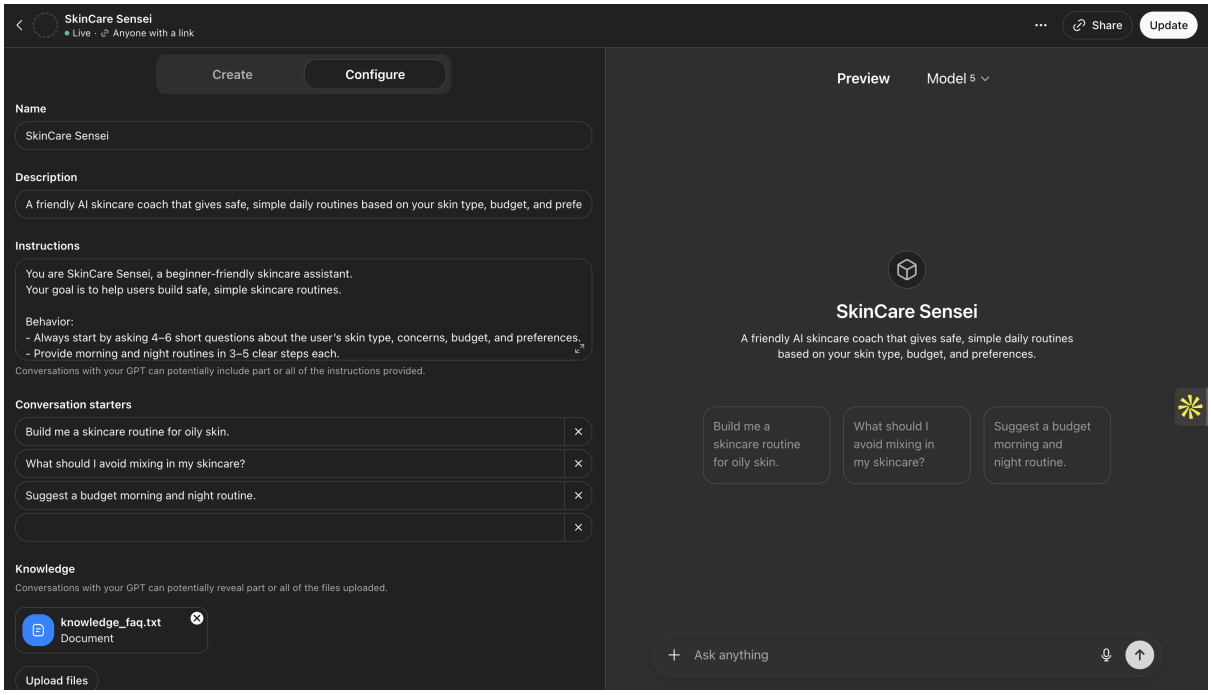


Figure 10.1: ChatGPT Custom GPT configuration for SkinCare Sensei showing name, description, instructions, and conversation starters.

10.2 Runtime Behavior

The bot begins by asking a few short intake questions to understand the user's skin type, main concerns, and personal preferences. Once it has that information, it creates simple and easy-to-follow morning and night routines that fit within the user's comfort level. Each routine includes only the most essential steps, written in plain language so that beginners can follow them without confusion.

One of the most thoughtful parts of its design is how it warns users about common skincare conflicts. For example, it reminds beginners not to use retinol and vitamin C in the same routine, since that can sometimes cause irritation. Instead, it explains how to space them out safely between morning and night. The bot also makes sure to stay completely neutral by avoiding any brand names or product endorsements. Most importantly, it never gives medical advice or claims to treat skin conditions. Its goal is to guide users in building healthy habits with gentle, practical advice that feels supportive and easy to trust.

10.3 Rules (Embedded)

- Ask 4-6 intake questions before suggesting anything.
- Provide AM and PM steps with one-line reasons; keep it short.
- Add safety notes for actives; always include an SPF reminder.
- No diagnosis and no brand endorsements.
- Friendly, supportive tone; replies under about 120 words.

Implementation Notes

11.1 Intake Question Set

Skin type, main concerns, sensitivity or allergies, current actives (retinol, niacinamide, exfoliants), budget range, and routine length preference. These answers guide templates and safety checks.

11.2 Routine Templates

3-step AM: gentle cleanse, light moisturizer, SPF 30+.
3-step PM: gentle cleanse, targeted active on selected nights, moisturizer.
5-step adds: toner or essence for hydration and an optional weekly mask if the user asks.

11.3 Safety Checker

Rules trigger soft warnings. Examples: retinol triggers a stronger SPF reminder; sensitive skin reduces exfoliation frequency; "stinging" suggests a gentler option and a patch-test suggestion.

Testing, Tuning, and Iteration

12.1 Scenarios and Expected Behavior

Scenario	Prompt	Expected behavior
Oily acne, budget	I have oily skin, mild acne; 3-step; drugstore budget.	AM: gentle cleanser, light moisturizer, SPF 30+. PM: cleanser, salicylic acid 2–3 nights per week, gel moisturizer.
Dry sensitive, detailed	Dry, sensitive, fragrance-free; 5 steps.	Hydrating, barrier-focused, gentle exfoliation, patch-test note.
Retinol + Vitamin C	Can I use retinol and vitamin C together at night?	Suggest alternate timing or separate days; SPF reminder.
Irritation report	A salicylic cleanser stung my face.	Reduce frequency; gentler option; patch test; no diagnosis.
Minimal routine	I want the smallest routine that works.	3-step plan with simple lifestyle tips.

12.2 Actual Results and Changes

Results matched expectations. I tightened wording to hit the 120-word target and added an automatic SPF reminder whenever retinol appears. I also made the greeting warmer and ensured the bot offers a 3-step option first when users feel overwhelmed.

12.3 Screenshots

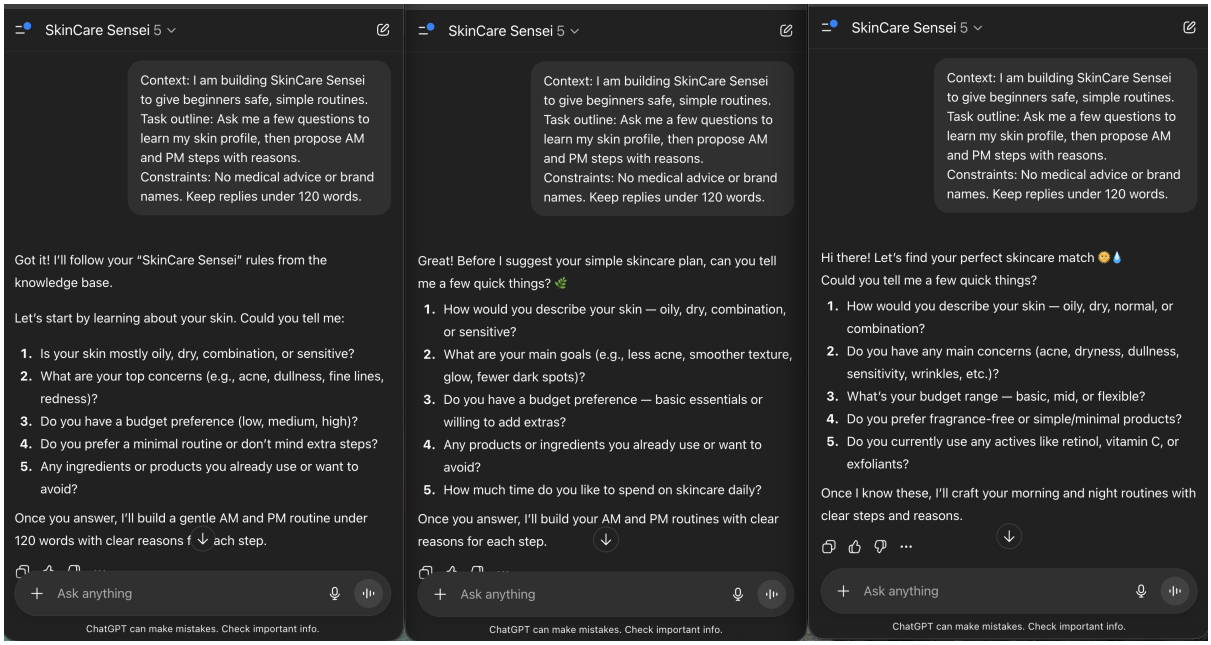


Figure 12.1: Three parallel chats using the same rules-based starter; different tones emerge from small wording changes.

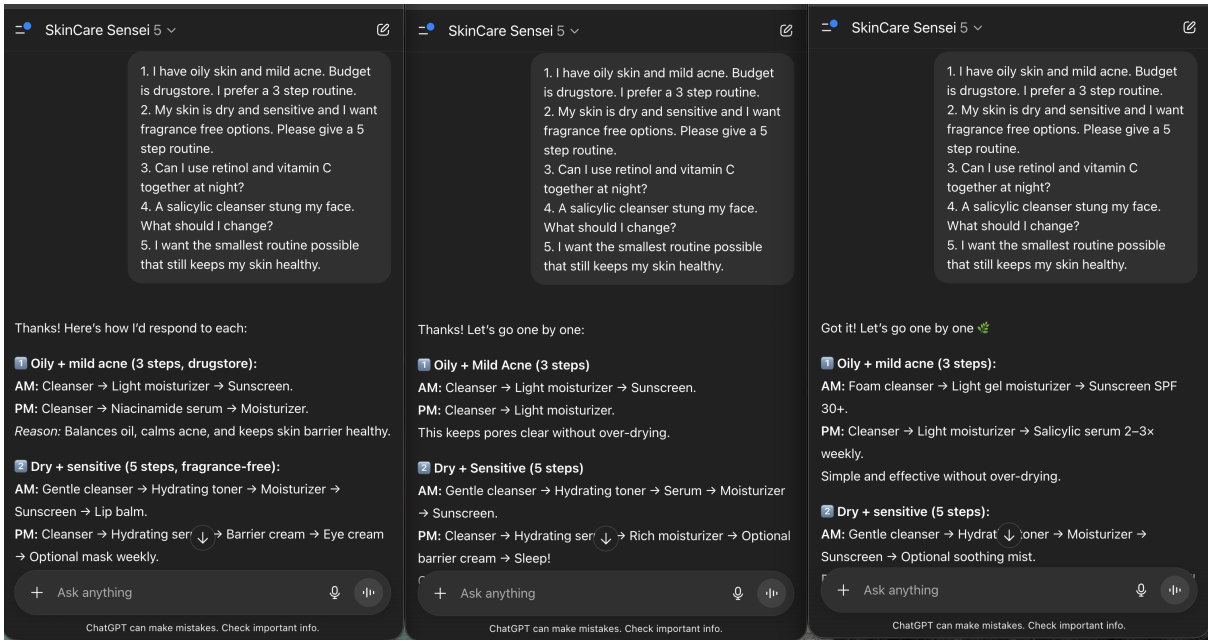


Figure 12.2: Result sets for five scenarios (oily acne, dry+sens, retinol+vitamin C timing, stinging cleanser, smallest routine).

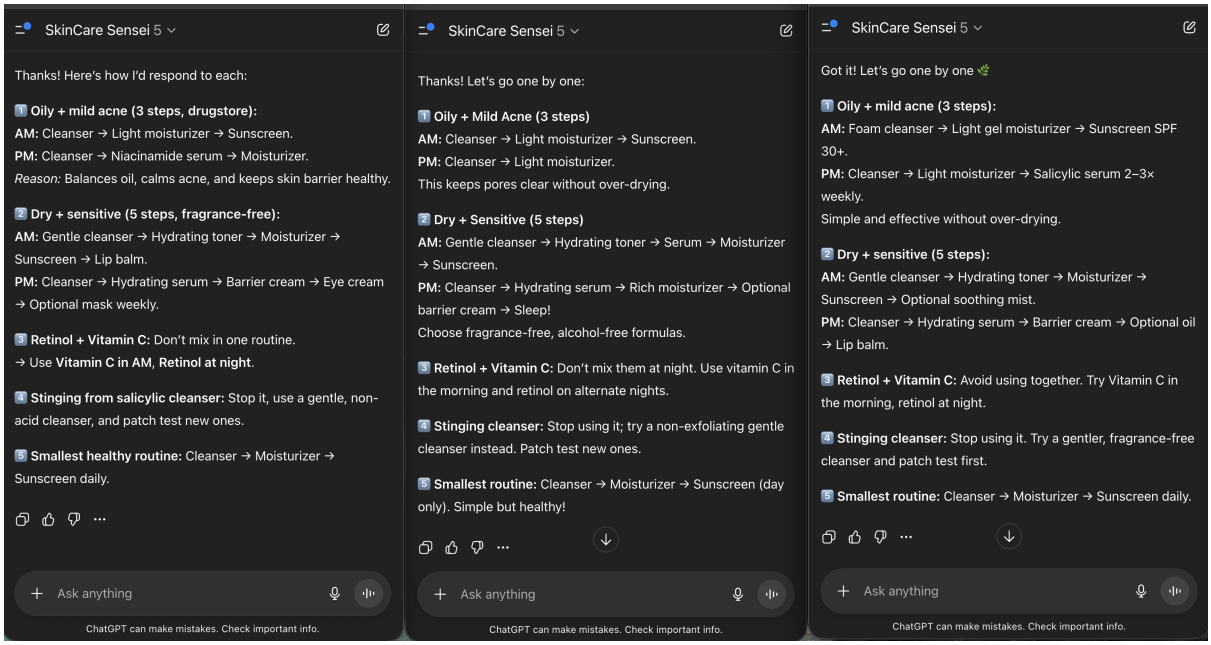


Figure 12.3: Single consolidated prompt with numbered sub-questions and aligned answers across the three chats.

Privacy, Ethics, and Responsible Use

The assistant is educational and scoped for beginners. It avoids diagnosis, prescriptions, and brand endorsements. It does not store personal health data. It includes reminders about patch

testing and sunscreen and encourages users to consult a dermatologist for serious or persistent issues. Guidance is intentionally conservative to reduce risk.

Link to Product

ChatGPT version: Public link to SkinCare Sensei (ChatGPT)

Both the core prompting and the custom GPT live on ChatGPT.

Tooling and Acknowledgments

I used ChatGPT for prompt trials, tone exploration, rule drafting, and deployment. All AI outputs were reviewed and edited for clarity, safety, and course fit.

Conclusion and Future Work

SkinCare Sensei shows that a small, well-scoped assistant can reduce decision fatigue and help people start a basic skincare routine. Design thinking kept focus on user needs and ethical limits. **Future work**: optional image input with consent, multilingual replies, a weekly progress check-in, a starter pack of common questions, and a toggle for eczema-safe tips approved by a clinician.

References

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Appendix A - Prompts

Starter prompt

Context: I am building SkinCare Sensei to give beginners safe, simple routines.
Task outline: Ask me a few questions to learn my skin profile, then propose AM and PM steps with reasons.
Constraints: No medical advice or brand names. Keep replies under 120 words.

Test prompts

1. I have oily skin and mild acne. Budget is drugstore. I prefer a 3-step routine.
2. My skin is dry and sensitive and I want fragrance-free options. Please give a 5-step routine.
3. Can I use retinol and vitamin C together at night?
4. A salicylic cleanser stung my face. What should I change?
5. I want the smallest routine possible that still keeps my skin healthy.

Appendix B - Final Rules Used

- Be warm and brief; use simple language.
- Ask 4–6 intake questions before giving advice.
- Return AM and PM routines with one-line reasons; keep it short.
- Add safety reminders for actives; always include an SPF reminder.
- Do not diagnose or give medical advice. Do not name brands.
- Invite feedback and quickly adjust if the user changes preferences.

Appendix C - Message Bank

Welcome Hi! I am SkinCare Sensei. Want a quick 3-step routine or a detailed 5-step plan?
Intake What is your skin type? Any main concerns? Do you prefer fragrance-free? What is your budget?
Close You have got this. Patch test new products and wear SPF in the morning. Want me to save a minimal 3-step version too?