

Skin True Age Test

What is the true age of your skin?

Like to bake in the sun for hours? Slap on the SPF 30 every time you go outside? Answer these questions to find out how much your sun habits and lifestyle have aged your skin.

How old are you? (Add that number)

Do you have any permanent facial brown spots or broken blood vessels? (If yes, add 2)

Do you have deep creases on your forehead or cheeks? (If yes, add 5)

Are there noticeable lines around your eyes and/or lips? (If yes, add 3)

Did you or do you still tan-indoors or outdoors at least twice a week? (If yes with sunscreen, add 5) (If yes without sunscreen, add 10)

Has your face suffered at least three severe sunburns, complete with peeling? (If yes, add 5)

Do you smoke? (If yes, add 3)

Do you drink five or more beers, glasses of wine or cocktails a week? (If yes, add 2)

Do you work out at least three times a week? (If yes, subtract 1)

Do you munch on fruits and vegetables three or more times a day? (If yes, subtract 1)

Do you use an SPF 30+ product each morning? (If yes, subtract 4)

Do you use antioxidants as a part of your daily routine? (Vitamin C, etc.) (If yes, subtract 2)

Do you use prescription lotions (such as tretinoin or hydroquinone)? (If yes, subtract 2, if both, subtract 5)

Enter the total here. This is your skin's age:

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MEDICAL