A free guide from PrimeSpan

The Skip List



Seven skincare purchases you can stop making today, and the $30 routine that replaces them.

You're not aging badly. You're being sold badly.

	Stop buying	Why	Do this instead
1	**Collagen, PDRN, EGF and exosome creams**	Molecules heavier than about 500 daltons struggle to cross skin. These are 12 to 3,000 times over that limit, so very little gets in.	✓ A plain moisturizer does the same job. For a real active, niacinamide costs about $6.
2	**Collagen powders and drinks**	A 2025 review pooled 23 trials. In the ones the industry had not paid for, the skin benefit disappeared.	✓ Eat enough protein. Put the money into sunscreen.
3	**Toner and toner pads**	If you use a moisturizer, toner adds nothing. Wiping it on every day rubs the skin red. A Seoul clinic director calls it "too much".	✓ Go from cleanser straight to moisturizer.
4	**The ten-step routine**	More layers bring more irritation and no extra result. Irritated skin is more prone to dark marks.	✓ Four products: cleanser, one active, moisturizer, sunscreen.
5	**Double cleansing, scrubs and daily acids**	Over-washing strips the skin's barrier. Tight, shiny, stinging skin is damaged skin.	✓ One gentle cleanse in the morning. Double only at night, to remove sunscreen or makeup.
6	**Home HIFU gadgets and dermarollers**	Focused ultrasound can burn skin and melt facial fat even in trained hands. Rollers bring infection, scarring and dark marks.	✓ If you want a device, an FDA-cleared red LED mask is the one with decent evidence.
7	**Luxury versions of cheap actives**	The retinol in a $150 cream is the same molecule as in a $15 one. You are paying for the jar.	✓ Buy by ingredient and percentage, never by brand.

Education, not medical advice. The evidence grades and sources behind every line are in the book.

What to keep instead

Two products have more evidence behind them than everything on the skip list combined. Add a cleanser and a moisturizer and you have the whole routine.

24%

Sunscreen, every morning

In a randomized trial of 903 adults, daily users showed 24% less skin aging over 4.5 years than people who used it now and then. Use a quarter teaspoon for your face.

2 years

A retinoid, at night

Tretinoin kept improving fine wrinkles, texture and blotchy pigment through a two-year placebo-controlled trial. Start twice a week. Not during pregnancy.

The $30 cart, per month

Sunscreen SPF 50	$13.00
Generic tretinoin	$8.50
Ceramide moisturizer	$4.50
Gentle cleanser	$4.00
Total	**$30.00**

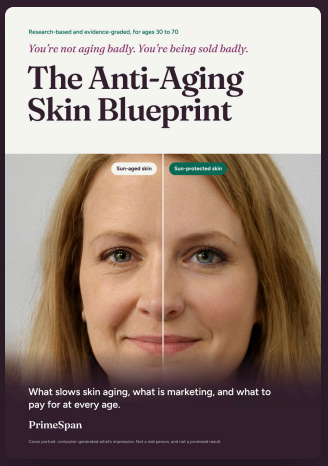
Typical 2026 US prices, spread over how long each product lasts.

Booking a skin clinic in Seoul?

Ask these before you pay for anything.

1. What exactly is my problem, and which layer of my face does this treat?
2. Which device and tip? How many shots, units or cc?
3. Who performs it: the doctor, or a nurse?
4. May I see the sealed product?
5. What do I do if something goes wrong at home?

And if you feel pushed, say **Saenggakhae bogo dasi olgeyo**: "I'll think about it and come back."



The Anti-Aging Skin Blueprint

by PrimeSpan

What slows skin aging, what is marketing, and what to pay for at every age. 49 pages, research-based and evidence-graded.

- Every ingredient, home device and clinic treatment graded: worth it, depends, or skip
- How to see through label claims and read a skincare study in one minute
- What to do, and what it costs, at 30, 35, 40 and every five years to 70
- The Seoul clinic playbook: 2026 prices, red flags, itineraries, what never to do on a trip
- Routine cards and a clinic checklist to keep on your phone

Get the book