

# K-Beauty skin trip planner

A planning guide for combining shopping, facials, skin analysis and medical aesthetics without overwhelming your skin.

16 pages • 11 min

For visitors planning Olive Young shopping, facials, skin analysis or light clinic treatments in one Korea trip.

## K-Beauty

- Routine reset
- Shopping route
- Clinic timing

## K-Beauty skin trip planner

- Avoid testing too many actives before a procedure.
- Separate salon care from medical treatment.
- Shop after skin analysis when possible.
- Leave downtime after lasers or injectables.
- Keep receipts and product names for aftercare questions.
- Use gentle basics during travel and recovery.

## **1. Do less before treatment**

Pause harsh exfoliation and new actives before clinic visits unless the provider advises otherwise. A calmer baseline makes consultation easier.

## **2. Map shopping to skin goals**

Build your shopping list around barrier care, sunscreen, soothing products and the skin concern you are actually treating.

## **3. Know the medical boundary**

Facials and analysis are not the same as lasers, injectables or prescription care. Consent and aftercare expectations change when treatment becomes medical.

## **4. Protect recovery time**

Plan photos, spas, alcohol and flights around recovery guidance, especially after lasers, lifting or injectables.

KMP Korea medical booking guides