A 2-MINUTE SELF-ASSESSMENT

Dr. Cope's Skin Age Checklist

Your skin has a birthday too — and it isn't always the one on your license. This quick check reads the visible signs the way a cosmetic dermatologist does, so you can see where your skin is today and, more importantly, what actually moves the needle. No jargon, no pressure.

How to use it: check every box that sounds like you — be honest, good lighting and a mirror help. Then add up your checks and find your range on the next page.

SUN & PIGMENT

- [ ] Brown spots, sunspots, or freckling that's increased over the years
- [ ] Redness, flushing, or tiny visible capillaries
- [ ] A history of tanning, sunburns, or years without daily SPF

TEXTURE & TONE

- [ ] Skin looks duller than it used to — the "glow" faded
- [ ] Rough patches, enlarged pores, or uneven texture
- [ ] Uneven tone or blotchiness you cover with makeup

LINES & MOVEMENT

- [ ] Forehead or frown ("11") lines visible even at rest
- [ ] Crow's feet at the corners of the eyes
- [ ] Fine lines around the lips

VOLUME & CONTOUR

- [ ] Cheeks look flatter or less full than in photos from years ago
- [ ] Softening jawline, early jowls, or "marionette" lines
- [ ] Under-eye hollows or a tired look even when rested

EVERYDAY HABITS

- [ ] No broad-spectrum SPF applied every single morning
- [ ] No prescription-grade retinoid in your routine
- [ ] Skincare is a drawer of products, not a plan

NOW COUNT YOUR CHECKS

Total the boxes across all five sections — your number points to your range on page 2.

My checks: _____ / 15

YOUR SKIN AGE RANGE

Wherever you land, it’s workable.

0–3
AHEAD

Your skin is tracking younger than the calendar. Whatever you’re doing is working — the goal now is to **protect the lead**. Daily SPF and a good retinoid keep you here for years.

4–8
THE WINDOW

Early signs are showing — this is the prevention window. Small, well-sequenced moves right now deliver the biggest long-term payoff. This is the easiest, most cost-effective stage to act.

9–15
WORTH A PLAN

Enough accumulated signs to deserve a real professional plan. The good news: most of what you checked is **improvable — often dramatically —** with the right treatments in the right order.

THE 3 THINGS THAT ACTUALLY MOVE SKIN AGE

1. **Daily broad-spectrum SPF.** The single biggest lever there is. Up to ~80% of visible facial aging traces back to sun exposure — and it’s the cheapest fix on this list. **Dr. Cope wrote the book on it — literally.** Grab your free chapter of *Sun Proof* at copecosmeticderm.com.

2. **A real, prescription-grade retinoid routine.** The one at-home ingredient with decades of evidence behind it for tone, texture, and fine lines — when it’s dosed and paired correctly for your skin.

3. **Targeted in-office treatments, matched to your signs.** IPL for sunspots, Botox for movement lines, filler for lost volume, microneedling/RF for texture and laxity — sequenced by a doctor, not guessed at.

LIVE WITHIN 60 MINUTES OF HIGHLAND, UTAH?

Turn your checklist into a customized plan — for $400.

Bring this page in. Dr. Cope — a board-certified cosmetic dermatologist — will read your skin in person and build the exact sequence for *your* signs. Natural results, no guesswork, no pressure.

Claim Your $400 New Patient Offer →

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Included
In-person skin assessment · A personalized treatment plan · Credit toward your first visit

★★★★★ **Rated 5.0** · Trusted by 300+ Utah women · 365+ verified reviews

This checklist is an educational self-assessment to help you think about your skin — it is not a medical diagnosis, and results vary from person to person. A personalized plan requires an in-person evaluation with a qualified provider. © 2026 Cope Cosmetic Dermatology, Highland, Utah.