

Product Tracking

When you're trying out a bunch of new products, it can become a bit overwhelming to keep track of them all. Some people use spreadsheets, but I personally prefer pen and paper (which I'll sometimes then convert to a spreadsheet).

I've included the product tracker I use here – you can print it out and scribble all over it, or use it as inspiration to make your own version!

Product	Type	Price	Opened	Notes	Rating
Canmake Mermaid Gel UV SPF 50+ PA ++++	Sunscreen	\$12	4/3	Light, fragrance-free, water-based, no clumping, works well under make-up, recommended by May	★★★★★
Neutrogena Clear Face Sunscreen SPF 30+	Sunscreen	\$17	4/5	Light, silicone glide, works well under make-up, stinging on application	★★



Product Shelf Life

Use-by dates on products, beauty or otherwise, are mostly rules of thumb. It's impossible to predict exactly when a product will go off – a lot of it depends on storage conditions, so products stored in perfect conditions may last a lot longer, while products stored at hot temperatures, in sunlight or in broken packaging may expire much faster. The dates on the product are a guideline assuming normal storage conditions. You should stop using products if they change in texture, appearance or smell.

Unless there is a printed expiry date, products can generally be kept **unopened for 3 years**.

The expected shelf life of a product **after you open it** is often shown with a Period After Opening symbol:



e.g. “6M” = 6 months

The usual shelf lives of some products are listed below. These will also depend on storage conditions, as well as product formula (e.g. presence of preservatives), the packaging, and how you use it.

- Moisturisers and serums: 6–12 months
- Cleansers: 1 year
- Sunscreen: 6–12 months
- Powder make-up: 1–3 years
- Liquid/cream foundation: 1–3 years
- Lip products: 1–2 years
- Liquid eye make-up: 3–6 months

Shelf lives aren't a strict rule, but it's handy to track opening dates so you know for next time how long you can expect a product to last, whether it leaves your collection by going off or being used up.



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