FREE CHEAT SHEET · YOUR LOCAL JAPANESE GIRL

Read a Japanese *drugstore shelf.*

22 words printed on shelves and packs, and what they mean. Find the word, not the brand. Screenshot it or print it before you go.

SKINCARE

日焼け止め
hiyakedome
Sunscreen
SPF50+ PA++++ is the strongest rating on the shelf.

クレンジング
kurenjingu
Makeup remover
Oil, balm, water or sheets. The step before face wash.

洗顔
sengan
Face wash
洗顔フォーム is a foam cleanser.

化粧水
keshōsui
Toner, often labelled "lotion"
In Japan "lotion" is watery. It is not a cream.

乳液
nyūeki
Milky moisturiser
Goes on after the toner.

美容液
biyōeki
Serum
The small, expensive bottle.

LABELS

詰め替え
tsumekae
Refill pack
A pouch with no pump. Cheaper, and the classic mistake.

お試し
otameshi
Trial size
Small and cheap. Good for testing before a big bottle.

無香料
mukōryō
Fragrance-free
香料 means fragrance.

敏感肌
binkan-hada
For sensitive skin
低刺激 means low irritation.

しっとり
shittori
Rich, moist type
さっぱり (sappari) is the light, fresh type.

医薬部外品
iyaku-bugaihin
Quasi-drug
Has an approved active ingredient.

MEDICINE

目薬
megusuri
Eye drops
清涼感 is the cooling level. A higher number stings more.

湿布
shippu
Pain-relief patches
For legs after a 20,000-step day.

風邪薬
kazegusuri
Cold medicine
総合 means all-in-one.

胃腸薬
ichōyaku
Stomach medicine
For the day after too much ramen.

虫よけ
mushiyoke
Insect repellent
かゆみ止め is the itch cream for afterwards.

第1類医薬品
dai-ichi-rui
Class 1 medicine
Sold only when a pharmacist is on duty.

MONEY

税込
zeikomi
Tax included
The price you actually pay.

税抜
zeinuki
Before tax
The big number is often this one. Add 10%.

免税
menzei
Tax-free
Passport needed. Since 1 November 2026 the tax is refunded at the airport.

お一人様○点限り
o-hitori-sama ... kagiri
Limit per person
○点 is the number you may buy.

Written by Sachi and Ichi, two locals in Nagoya.
A reading aid, not medical advice. Ask the pharmacist if you are unsure.